

Step by Step Instruction: How to Plan a Weekly Lunch Menu to meet the New Meal Pattern Requirements

Professional Standards Learning Code 1100
Length: 2 hours



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"Step by Step Instruction; How to plan a weekly lunch menu to meet the New Meal Pattern Requirements" is intended for the School Food Authorities in the state of Arizona. All regulations are specific to operating the National School Lunch Program under the direction of the Arizona Department of Education.

How to Plan a Weekly Lunch Menu to meet the New Meal Pattern Requirements.

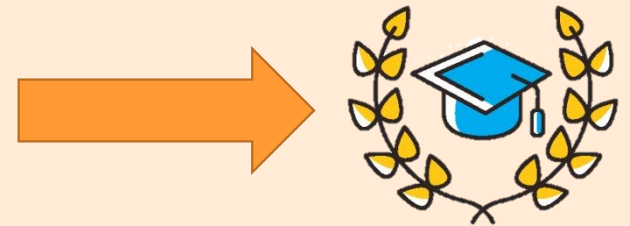
- This training is intended for food service directors who are responsible for menu planning for schools participating in the National School Lunch Program (NSLP) in Arizona.
- Each Local Education Agency (LEA) participating in the NSLP is responsible for ensuring all menus planned meet the USDA guidelines.

Objectives

- This training will provide step by step instruction for how to plan a lunch menu that meets the daily and weekly requirements of the New Meal Pattern. It will cover:
 - How to read the Meal Pattern Chart;
 - How to plan meals that meet the daily requirements;
 - How to review the weekly menu to ensure it meets the weekly requirements.

Comprehension Check Questions

- Throughout this guide there will be comprehension quiz questions to test your knowledge and help you apply what you're learning.
- Be sure to review these quiz questions and the answers, available within the guide.
- This icon will indicate a comprehension quiz question, and the background of the slides will be a light orange like you see on this slide.



How to Plan a Weekly Lunch Menu to meet the New Meal Pattern Requirements.

The Step by Step Instruction will review:

Background and Definitions	Slides 6-9
How to Read the Meal Pattern Chart	Slides 10-16
Planning the Menu	Slides 17-39
Check the Daily Offerings with the Meal Pattern Chart	Slides 40-48
Repeat to Complete the Weekly Menu	Slides 19-103
Check Weekly Requirements for Vegetable Subgroups, Grains and Meat/Meat Alternates	Slides 104-134
Dietary Specifications	Slides 135-139
Tips to Help You Menu Plan Like a Pro	Slides 140-145

The following slides will only cover how-to instructions for planning a weekly lunch menu. All crediting statements for grains and meat/meat alternates are fictional for the purposes of illustrating the process of how to plan a lunch menu.

Please refer back to the ADE webpage for other meal pattern guidance.

Background and Definitions

Background

In 2010, Congress passed the Healthy, Hunger-Free Kids Act (HHFKA), which revised the meal pattern for the National School Lunch Program (NSLP).

All LEAs who receive federal reimbursement for school meals are required to serve meals that meet these meal pattern guidelines.

This how-to-guide will review how to plan a weekly menu that meets the lunch meal pattern requirements.

Definitions

- **Component**- is one of five food groups that comprise reimbursable lunches. These are: fruits, vegetables, grains, meat/meat alternate, and fluid milk.
- **Nutrient Specification**- the minimum (and sometimes maximum) amount of a specific nutrient that is in the meal/food offered.
- **Grade Group**- the range of grades for which the component and nutrient specifications applies to when planning a reimbursable menu.
- **Serve Only**- a meal service option where all participating students receive all 5 components in the required amounts.
- **Offer Versus Serve**- a meal service option that allows participating students the option to decline some of the food offered as part of a reimbursable menu. For lunch meal service, this is optional for grades K-8, but required for grades 9-12.
- **Reimbursable Menu**- A menu made available to all students, that offers the daily minimum and weekly requirements of the NSLP meal pattern.
- **Reimbursable Meal**- A meal that a student has at the point of service that will be claimed for reimbursement if it contains the required components from the reimbursable menu.
- **Point of Service**- The point in a food service operation where a determination can be accurately made that a reimbursable free, reduced-price, or paid lunch has been served to an eligible child.

Meet your
leader!



*I'm Austin Asparagus and I will be leading
you through this Menu Planning guide.*

*Look for me to provide additional details
throughout this guide! We'll be going
through how to plan a lunch menu, but we will
not be covering Serve Only and Offer Versus
Serve. Please refer to the Offer Versus
Serve Manual for details on this meal service
and menu planning option.*

How to Read the Meal Pattern Charts

NSLP Meal Pattern Overview

Meal pattern overview charts can be found on the ADE School Nutrition Programs webpages available at this link:

<http://www.azed.gov/health-nutrition/meal-pattern/>

You can see this is the chart for a 5-Day Lunch menu.

There are also charts available for 4-Day, 6-Day and 7-Day weeks.

Before moving on, print the chart that meets your menu planning needs.



(5-Day) Meal Pattern for National School Lunch Program						
Serve Only: <ul style="list-style-type: none">• Must PREPARE all 5 components in required amounts• AT POS: Must SERVE all 5 components in minimum required amount			Offer Versus Serve (OVS): <ul style="list-style-type: none">• Must PREPARE all 5 components in required amounts AT POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable			
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day week						
Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2½ (½)		5 (1)		Only 100% Fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	½		1		
	OVS: minimum amount to count at POS	½		½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		5 (1)		Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	¾		1		
	OVS: minimum amount to count at POS	½		½		
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		½		½		No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange		¾		1¼		
Beans/Peas (legumes)		½		½		
Starchy		½		½		Minimum creditable amount to count as a subgroup is 1/8 cup.
Other		½		¾		
To meet weekly requirement, vegetables from ANY subgroup		1		1		
Grains (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	All grains offered must be whole grain rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	Weekly, no more than 2 oz/eq. grain based dessert.
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	5 (1)				Offer two varieties daily. (variety: fat content or flavor)

NSLP Meal Pattern Overview



Now that you've printed the chart that meets your menu planning needs, let's get a bit more specific.

Circle the number of days you're planning for. As you can see, I will be planning for a 5-Day week throughout this guide.

(5-Day) Meal Pattern for National School Lunch Program						
Serve Only: <ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAT POS: Must SERVE all 5 components in minimum required amount			Offer Versus Serve (OVS): <ul style="list-style-type: none">Must PREPARE all 5 components in required amounts AT POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable			
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day week						
	Grades	K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)	Only 100% Fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)			5 (1)	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count at POS	½			½	
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		½			½	No maximum for any subgroup. *Must offer more than minimum weekly values in order to meet weekly total.
Red/Orange		¾			1¼	
Beans/Peas (legumes)		½			½	
Starchy		½			½	Minimum creditable amount to count as a subgroup is 1/8 cup.
Other		½			¾	
To meet weekly requirement, vegetables from ANY subgroup		1			1	
Grains (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	All grains offered must be whole grain rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	Weekly, no more than 2 oz/eq. grain based dessert.
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	5 (1)				Offer two varieties daily. (variety: fat content or flavor)

NSLP Meal Pattern Overview

Next, let's look at the grade groups.
The chart shows the required amounts for the different grade groups in each column.

Note... There isn't a lunch meal pattern for grades K-12. If you serve all of those grades, you'll need to make sure you serve different amounts of food for grades K-8 and 9-12.

Circle the grade groups you're planning for. As you can see, I will be planning for grades K-8 throughout this guide.



(5-Day) Meal Pattern for National School Lunch Program						
Serve Only: <ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAT POS: Must SERVE all 5 components in minimum required amount			Offer Versus Serve (OVS): <ul style="list-style-type: none">Must PREPARE all 5 components in required amounts AT POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable			
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day week						
	Grades	K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2½ (½)		5 (1)		Only 100% Fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	½		1		
	OVS: minimum amount to count at POS	½		½		
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)		5 (1)		Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	¾		1		
	OVS: minimum amount to count at POS	½		½		
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		½		½		No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange		¾		1 ¼		
Beans/Peas (legumes)		½		½		
Starchy		½		½		Minimum creditable amount to count as a subgroup is 1/8 cup.
Other		½		¾		
To meet weekly requirement, vegetables from ANY subgroup		1		1		
Grains (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	All grains offered must be whole grain rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	Weekly, no more than 2 oz/eq. grain based dessert.
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	5 (1)				Offer two varieties daily. (variety: fat content or flavor)

NSLP Meal Pattern Overview



This chart also shows you the weekly and daily requirements for each component. The component is listed in the far left column. The 5 components are: Fruit, Vegetable, Grains, Meat/Meat Alternate, and Fluid Milk.

The required weekly amount is listed in each column, and the daily requirement is listed in parentheses ().

Highlight the daily and weekly amounts you'll need to plan in order to meet the meal pattern for the number of days and the grade groups for each component.

I highlighted the component requirements for grades K-8.

(5-Day) Meal Pattern for National School Lunch Program						
Serve Only: <ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAT POS: Must SERVE all 5 components in minimum required amount			Offer Versus Serve (OVS): <ul style="list-style-type: none">Must PREPARE all 5 components in required amounts AT POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable			
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day week						
Grades		K-5	6-8	K-8	9-12	Additional Information
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	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	
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	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count at POS	½			½	
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		½			½	No maximum for any subgroup. *Must offer more than minimum weekly values in order to meet weekly total.
Red/Orange		¾			1¼	
Beans/Peas (legumes)		½			½	
Starchy		½			½	Minimum creditable amount to count as a subgroup is 1/8 cup.
Other		½			¾	
To meet weekly requirement, vegetables from ANY subgroup		1			1	
Grains (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	All grains offered must be whole grain rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	Weekly, no more than 2 oz/eq. grain based dessert.
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	5 (1)				Offer two varieties daily. (variety: fat content or flavor)

NSLP Meal Pattern Overview



You'll notice there are also weekly requirements for the Vegetable Subgroups. All subgroups, in the required amounts must be planned throughout the week.

Highlight the subgroup requirements for the grade group you're planning for. We'll cover this in more detail soon, but it's important to see where it's listed on the meal pattern chart.

(5-Day) Meal Pattern for National School Lunch Program						
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	Grades	K-5	6-8	K-8	9-12	Additional Information
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	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	
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	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count at POS	½			½	
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		½			½	No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange		¾			1 ¼	
Beans/Peas (legumes)		½			½	
Starchy		½			½	Minimum creditable amount to count as a subgroup is 1/8 cup.
Other		½			¾	
To meet weekly requirement, vegetables from ANY subgroup		1			1	
Grains (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	All grains offered must be whole grain rich. Weekly, no more than 2 oz/eq. grain based dessert.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	5 (1)				Offer two varieties daily. (variety: fat content or flavor)

NSLP Meal Pattern Overview



There are also rows that outline the quantities that must be on the students' trays at the point of service for Serve Only and Offer Versus Serve.

We won't be covering the differences between Serve Only and Offer Versus Serve today.

However, keep in mind that you are still required to plan the serving sizes listed in the Weekly (daily) row, regardless of which meal service option you choose.

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Grades		K-5	6-8	K-8	9-12	Additional Information
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	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	
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	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count at POS	½			½	
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		½			½	No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange		¾			1 ¼	
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Starchy		½			½	Minimum creditable amount to count as a subgroup is 1/8 cup.
Other		½			¾	
To meet weekly requirement, vegetables from ANY subgroup		1			1	
Grains (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	All grains offered must be whole grain rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	Weekly, no more than 2 oz/eq. grain based dessert.
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	5 (1)				Offer two varieties daily. (variety: fat content or flavor)

Planning the Menu

NSLP Meal Pattern Overview



The first decision I made as the menu planner was which grade group I'm planning for.

Since my school has students in grades K-8, I'm going to plan this menu based on the K-8 grade group requirements.

I could have chosen to plan 2 different menus: One for K-5 and one for 6-8. However, it will be easier for me and my staff if I just plan using the K-8 menu.

(5-Day) Meal Pattern for National School Lunch Program						
Serve Only: <ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAT POS: Must SERVE all 5 components in minimum required amount			Offer Versus Serve (OVS): <ul style="list-style-type: none">Must PREPARE all 5 components in required amounts AT POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable			
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day week						
Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)	Only 100% Fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)			5 (1)	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count at POS	½			½	
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		½			½	No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange		¾			1 ¼	
Beans/Peas (legumes)		½			½	
Starchy		½			½	Minimum creditable amount to count as a subgroup is 1/8 cup.
Other		½			¾	
To meet weekly requirement, vegetables from ANY subgroup		1			1	
Grains (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	All grains offered must be whole grain rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	Weekly, no more than 2 oz/eq. grain based dessert.
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	5 (1)				Offer two varieties daily. (variety: fat content or flavor)

Getting Started

Now.... Let's start building our menu! As we go through this guide, we'll fill in one week's menu and make sure we get all the components and serving sizes as we go along! You can print out the School Lunch Menu Planner and fill it in to see how it can be used while planning your menu.

It's available on the Meal Pattern Webpage at:
<http://www.azed.gov/health-nutrition/meal-pattern/>


School Lunch Menu Planner (5-Day)

Grade Group: K-5 6-8 K-8 9-12

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grain:						
	Serving Size:	Serving Size:	Serving Size:	Serving Size:	Serving Size:	
Meat/Meat Alternate:						
	Serving Size:	Serving Size:	Serving Size:	Serving Size:	Serving Size:	
Fruit:						
	Serving Size:	Serving Size:	Serving Size:	Serving Size:	Serving Size:	
Vegetable:						
	Serving Size:	Serving Size:	Serving Size:	Serving Size:	Serving Size:	
Subgroup:						
	Serving Size:	Serving Size:	Serving Size:	Serving Size:	Serving Size:	
Milk:						
	Serving Size:	Serving Size:	Serving Size:	Serving Size:	Serving Size:	

Review for meal pattern compliance. All boxes should be checked to ensure the menu planned meets the meal pattern.

<input type="checkbox"/> Meets the daily serving requirements for all components.	<input type="checkbox"/> All grains are whole grain-rich.
<input type="checkbox"/> Meets the weekly serving requirements for all components.	<input type="checkbox"/> Weekly, no more than 2 oz/eq grain based dessert.
<input type="checkbox"/> Meets the weekly vegetable subgroup requirement.	<input type="checkbox"/> Weekly, no more than 50% of fruit offered is juice.

 Revised and released July 2015



Grains and Meat/Meat Alternates (M/MA)



Grades		K-5	6-8	K-8	9-12	
Grains (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	All grains offered must be whole grain rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	Weekly, no more than 2 oz/eq. grain based dessert.
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	

Most menus offer the grains and meat/meat alternates as part of the entrée, so let's start there.

According to the 5-day meal pattern chart, I need to offer at least 1 ounce equivalent (oz/eq) of grains daily and at least 8 oz/eq of grains over the course of the week. Let's double check together. First, let's look for the grains component on the meal pattern chart in the row Weekly (daily) amounts. The first field is for the K-5 grade group. If we keep looking to the right, we will see the header for K-8. For this grade group, I see 8-9 (1). That means I need to serve 1 oz/eq daily and 8-9 oz/eq over the week.*

I will do the same thing to determine my daily and weekly serving size for meat/meat alternate. According to the meal pattern chart, I also need to make sure I at least 1 oz/eq of meat/meat alternate daily, and 9 -10 oz/eq of meat/meat alternate (M/MA) over the course of the week for grades K-8.

Grains and Meat/Meat Alternates (M/MA)



Grades		K-5	6-8	K-8	9-12	
Grains (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	All grains offered must be whole grain rich. Weekly, no more than 2 oz/eq. grain based dessert.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	

The weekly range of 8-9 oz/eq means I will have to offer 1 oz/eq of each on some days, and 2 oz/eq of each on other days. If I only serve 1 oz/eq every day, I will only offer 5 oz/eq throughout the week, and that won't be enough.

The chart also reminds me that all grains must be whole grain-rich, meaning they need to be made from at least 50% whole grain product, and it shows that I can offer up to 2 oz/eq of grains as part of grain-based desserts, as long as they are also whole grain-rich.

*The * in each column is a reminder that the weekly maximums for both grains and meat/meat alternate are flexible. However, we strongly encourage you to plan a menu that stays within this range, because doing so will help you meet the nutrient specifications for each grade group.*

Entrée

Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2



What should be the entrée?

I love Swedish Meatballs.... Let's start with those.

Now... Do I give each student 3 or 4 meatballs?

*My chart says I need to give them at least a 1 ounce equivalent.
What does that mean?*

MONDAY
Entrée: Swedish Meatballs

Entrée



A 1 oz/eq means there is enough meat or enough grain to count toward the meal pattern. It is not the weight of the product.

I need to use the Food Buying Guide, or read a CN Label, or a Product Formulation Statement to determine how many meatballs equal a 1 oz/eq.

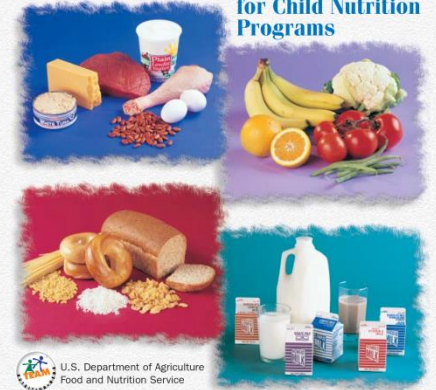
ADE has some great resources for learning about crediting grains and understanding labels. Be sure to look up this information later.

<http://www.azed.gov/health-nutrition/meal-pattern/>

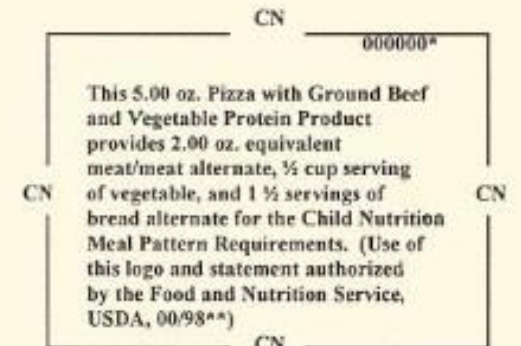
For now... I'll just tell you the serving size for the menu we create. I'm trusting you'll learn about crediting and review the products on your menu!

Food Buying Guide

for Child Nutrition Programs



U.S. Department of Agriculture
Food and Nutrition Service



Entrée



Now... Back to our Swedish Meatballs. I read the CN label on the box and it told me that 2 meatballs equal a 1 oz/eq of Meat/Meat Alternate.

Based on our meal pattern chart, I need to serve a minimum of 1 oz/eq each day. I have to serve at least 2 meatballs. I know the kids love these meatballs, so I'm going to serve 4 meatballs on Monday.

4 of these meatballs will equal 2 oz/eq of meat/meat alternate.

MONDAY

Entrée:

Swedish Meatballs: 4 each =

2 oz/eq Meat/Meat Alternate

Entrée



I'm also going to serve whole grain-rich noodles with my meatballs. Based on the meal pattern chart, I need at least 1 oz/eq of grain. How many noodles is that?

When I review the grain resources on the meal pattern webpage, I can see that $\frac{1}{2}$ cup cooked pasta is a 1 oz/eq.

I'm going to plan a $\frac{1}{2}$ cup of pasta to go with my meatballs.

If you aren't sure how to credit a grain into ounce equivalents, review this resource.

*How to Credit Grains
and
Exhibit A from the Food Buying Guide,*

MONDAY

Entrée:

Swedish Meatballs- 4 each =

2 oz eq meat/meat alternate

$\frac{1}{2}$ cup whole grain-rich pasta =

1 oz/eq grains

Fruit

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)		2½ (½)		5 (1)	Only 100% Fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		½		1	
	OVS: minimum amount to count at POS		½		½	

Now let's look at the fruit component.

According to the meal pattern chart, I need to offer at least ½ cup of fruit every day, for a total of 2 ½ cups every week.

Note...this amount applies to grades K-5, grades 6-8, or grades K-8.

If we were planning for grades 9-12, we would need to offer 1 cup every day and a total of 5 cups every week.



Fruit

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)	Only 100% Fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	

Although it is not mentioned on the chart, remember that fruit can be fresh, canned, dried, or 100% juice.

The chart also reminds me that up to 50% of the total fruit offered over the week can be in the form of juice.

If I serve dried fruit, it credits as twice the volume.

This means ¼ cup of dried fruit = ½ cup of fruit being offered.



Fruit



*Let's add fruit to our menu
for Monday. I like
applesauce, so let's plan
that for Monday's fruit.*

MONDAY

Entrée:

Swedish Meatballs- 4 each =

2 oz/eq meat/meat alternate

$\frac{1}{2}$ cup whole grain-rich pasta =

1 oz/eq grains

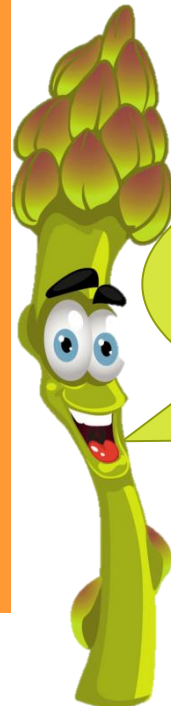
Fruit:

$\frac{1}{2}$ cup applesauce

$\frac{1}{2}$ cup fruit

Vegetables

Grades		K-5	6-8	K-8	9-12	Additional Information
Total Vegetable (cups)	Weekly (daily)		3 $\frac{3}{4}$ ($\frac{3}{4}$)		5 (1)	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		$\frac{3}{4}$		1	
	OVS: minimum amount to count at POS		$\frac{1}{2}$		$\frac{1}{2}$	
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green			$\frac{1}{2}$		$\frac{1}{2}$	No maximum for any subgroup. *Must offer more than minimum weekly values in order to meet weekly total.
Red/Orange			$\frac{3}{4}$		1 $\frac{1}{4}$	
Beans/Peas (legumes)			$\frac{1}{2}$		$\frac{1}{2}$	
Starchy			$\frac{1}{2}$		$\frac{1}{2}$	Minimum creditable amount to count as a subgroup is 1/8 cup.
Other			$\frac{1}{2}$		$\frac{3}{4}$	
To meet weekly requirement, vegetables from ANY subgroup			1		1	



The Vegetable component has requirements for daily and weekly amounts.

According to this chart, I need to plan $\frac{3}{4}$ cup vegetable daily, and a total of 3 $\frac{3}{4}$ cup over the week for grades K-8.



Vegetables

Grades		K-5	6-8	K-8	9-12	Additional Information
Total Vegetable (cups)	Weekly (daily)	3 $\frac{3}{4}$ ($\frac{3}{4}$)			5 (1)	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	$\frac{3}{4}$			1	
	OVS: minimum amount to count at POS	$\frac{1}{2}$			$\frac{1}{2}$	
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		$\frac{1}{2}$			$\frac{1}{2}$	No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange		$\frac{3}{4}$			1 $\frac{1}{4}$	
Beans/Peas (legumes)		$\frac{1}{2}$			$\frac{1}{2}$	
Starchy		$\frac{1}{2}$			$\frac{1}{2}$	Minimum creditable amount to count as a subgroup is $\frac{1}{8}$ cup.
Other		$\frac{1}{2}$			$\frac{3}{4}$	
To meet weekly requirement, vegetables from ANY subgroup		1			1	

The chart also shows the vegetable subgroups, and the required amount that should be planned each week. This ensures that the $\frac{3}{4}$ cup of vegetables that are offered daily include variety so that students are exposed to different types of vegetables throughout the week.

Note that these subgroups are required as part of the $\frac{3}{4}$ cup planned daily, and not in addition to the $\frac{3}{4}$ cup planned daily.



Vegetables



This chart is also available on the ADE website. [Click Here](#) to download and print this chart.

It gives a list of the various vegetables in each group.

I circled some of the vegetables that are in subgroups we don't always think of.

DARK GREEN		RED/ORANGE	BEANS AND PEAS (LEGUMES)	
<ul style="list-style-type: none"> arugula beet greens bok choy broccoli broccoli rabe (rapini) broccolini butterhead lettuce (Boston, bibb) cabbage, Chinese or celery chicory cilantro collard greens 	<ul style="list-style-type: none"> endive escarole fiddle heads grape leaves kale mesclun mustard greens parsley spinach Swiss chard red leaf lettuce romaine lettuce turnip greens watercress 	<ul style="list-style-type: none"> carrots chili peppers (red) orange peppers pimientos pumpkin peppers, bell (red and orange) salsa (all vegetables) sweet potatoes/yams tomatoes tomato juice winter squash (acorn, butternut, Hubbard) 	<ul style="list-style-type: none"> black beans black-eyed peas (mature, dry) cowpeas fava beans garbanzo beans (chickpeas) Great Northern beans kidney beans 	<ul style="list-style-type: none"> lentils lima beans, dry mung beans navy beans pink beans pinto beans red beans refried beans soy beans/edamame split peas white beans
STARCHY		OTHER		
<ul style="list-style-type: none"> corn cassava (yuca) cowpeas, fresh (not dry) field peas, fresh (not dry) green peas green lima beans (canned, frozen) jicama lima beans, green (not dry) parsnips pigeon peas, fresh (not dry) potatoes poi taro (malanga) water chestnuts 		<ul style="list-style-type: none"> artichokes asparagus avocado bamboo shoots bean sprouts, cooked only (for food safety), e.g., alfalfa, mung beans, green and yellow, wax beets brussels sprouts cabbage, green and red cactus (nopales) cauliflower celeriac celery chayote (mirliton) chives 		
		<ul style="list-style-type: none"> cucumbers daikon (oriental radish) eggplant fennel garlic horseradish iceberg lettuce kohlrabi leeks mushrooms okra olives onions peas in pod, e.g., snap peas, snow peas pepperoncini peppers (green sweet bell, green chilies, jalapeño, purple, yellow) 	<ul style="list-style-type: none"> pickles (cucumber) radishes rutabagas rhubarb seaweed sauerkraut shallots snap peas snow peas spaghetti squash tomatillo turnips wax beans yellow summer squash zucchini 	

Comprehension Check

True or False: A lunch menu can plan baked French fries as the only vegetable every day, as long as the daily vegetable requirement is met.

- A. True
- B. False- French fries are not an allowable vegetable at lunch.
- C. False- The weekly menu needs to have a variety of vegetables planned to meet the subgroup requirements.



Comprehension Check

True or False: A lunch menu can plan baked French fries as the only vegetable every day, as long as the daily vegetable requirement is met.

- A. True
- B. False- French fries are not an allowable vegetable at lunch.
- C. **False- The weekly menu needs to have a variety of vegetables planned to meet the subgroup requirements.**

The lunch meal pattern requires that vegetables from each subgroup must be planned throughout the week. Refer to the meal pattern chart, as well as slide 31 to review the vegetable subgroup requirements and the various vegetables in each subgroup category.



Vegetables



Let's add vegetables to our menu for Monday. I think corn goes well with Swedish meatballs and pasta, so I'll plan that.

MONDAY

Entrée:

Swedish Meatballs- 4 each =

2 oz/eq meat/meat alternate

$\frac{1}{2}$ cup whole grain-rich pasta =

1 oz/eq grains

Fruit:

$\frac{1}{2}$ cup applesauce

$\frac{1}{2}$ cup fruit

Vegetable:

$\frac{3}{4}$ cup corn

$\frac{3}{4}$ cup vegetable

Vegetables



I am going to keep track of the subgroup for the vegetable I plan each day. This will help me to meet the weekly subgroup requirements.

Corn is in the starchy subgroup, so $\frac{3}{4}$ cup starchy vegetable is planned for Monday.

MONDAY

Entrée:

Swedish Meatballs- 4 each =

2 oz/eq meat/meat alternate

$\frac{1}{2}$ cup whole grain-rich pasta =

1 oz/eq grains

Fruit:

$\frac{1}{2}$ cup applesauce

$\frac{1}{2}$ cup fruit

Vegetable:

$\frac{3}{4}$ cup corn

$\frac{3}{4}$ cup vegetable

Subgroup: **Starchy**

Milk

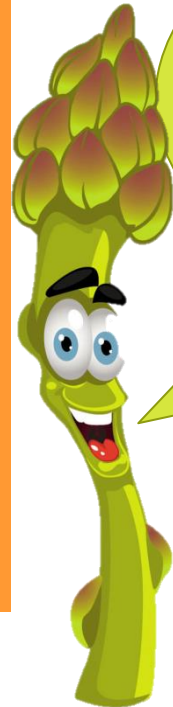
Fluid milk (cups)	Weekly (daily)	5 (1)	Offer two varieties daily. (variety: fat content or flavor)
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Finally, let's look at the milk component.

*According to this chart, I need to offer at least
1 cup of milk every day, for a total of
5 cups every week.*

*There should always be 2 varieties of milk offered.
The variety can be by fat content or flavor.*

*They can be any of the following 2 choices:
Fat Free Flavored, Fat Free Plain, 1% Plain milk.*



Milk



MONDAY

Entrée:

Swedish Meatballs- 4 each =

2 oz/eq meat/meat alternate

$\frac{1}{2}$ cup whole grain-rich pasta =

1 oz/eq grains

Fruit:

$\frac{1}{2}$ cup applesauce

$\frac{1}{2}$ cup fruit

Vegetable:

$\frac{3}{4}$ cup corn

$\frac{3}{4}$ cup vegetable

Subgroup: **Starchy**

Milk:

1 cup Fat Free Plain

1 cup Fat Free Chocolate

1 cup milk

Comprehension Check

Which of the following **does not** meet the meal pattern for milk varieties?

- A. Fat free plain and 1% plain
- B. Fat free chocolate and fat free plain
- C. 1% plain and 1% chocolate
- D. Fat free strawberry and 1% plain



Comprehension Check ANSWER

Which of the following **does not** meet the meal pattern for milk varieties?

- A. Fat free plain and 1% plain
- B. Fat free chocolate and fat free plain
- C. **1% plain and 1% chocolate**
- D. Fat free strawberry and 1% plain

Refer to slide 36. This shows the allowable varieties of milk, including fat free flavored, fat free plain, and 1% plain. In the example above, 1% chocolate would not be allowable. Only fat free flavored milk can be offered.



Check the Daily Offering
with the Meal Pattern Chart

Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups)	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

MONDAY

Entrée:

Swedish Meatballs- 4 each =
2 oz/eq meat/meat alternate

½ cup whole grain-rich pasta =
1 oz/eq grains

Fruit:

½ cup applesauce

½ cup fruit

Vegetable:

¾ cup corn

¾ cup vegetable

Subgroup: **Starchy**


Milk:

1 cup Fat Free Plain
1 cup Fat Free Chocolate
1 cup milk

Here's our menu for Monday. Did we offer enough of each component on this day for the K-8 meal pattern?



GRAINS

Grades		K-5	6-8	K-8
Fruit (cups)	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

MONDAY (K-8)

Entrée:
Swedish Meatballs- 4 each =
2 oz/eq meat/meat alternate

½ cup whole grain-rich pasta =
1 oz/eq grains

Fruit:
½ cup applesauce

½ cup fruit

Vegetable:
¾ cup corn
¾ cup vegetable

Subgroup: **Starchy**

Milk:
1 cup Fat Free Plain
1 cup Fat Free Chocolate
1 cup milk

1 oz/eq
grains



MEAT/MEAT ALTERNATE

Grades		K-5	6-8	K-8
Fruit (cups)	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

MONDAY (K-8)

Entrée:

Swedish Meatballs- 4 each =
2 oz/eq meat/meat alternate

½ cup whole grain-rich pasta =
1 oz/eq grains

Fruit:

½ cup applesauce

½ cup fruit

2 oz/eq
meat/meat
alternate

Vegetable:

¾ cup corn

¾ cup vegetable

Subgroup: Starchy

Milk:



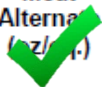
1 cup Fat Free Plain

1 cup Fat Free Chocolate

1 cup milk



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) 	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

MONDAY (K-8)

Entrée:

Swedish Meatballs- 4 each =
2 oz/eq meat/meat alternate

½ cup whole grain-rich pasta =
1 oz/eq grains

Fruit:

½ cup applesauce

½ cup fruit

½ cup fruit

Vegetable:

¾ cup corn

¾ cup vegetable

Subgroup: **Starchy**

Milk:




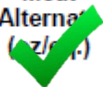
1 cup Fat Free Plain

1 cup Fat Free Chocolate

1 cup milk



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) 	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cup) 	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

MONDAY (K-8)

Entrée:

Swedish Meatballs- 4 each =
2 oz/eq meat/meat alternate

½ cup whole grain-rich pasta =
1 oz/eq grains

Fruit:

½ cup applesauce

½ cup fruit

Vegetable:

¾ cup corn

¾ cup vegetable

Subgroup: **Starchy**






Milk:

1 cup Fat Free Plain
1 cup Fat Free Chocolate
1 cup milk

¾ cup vegetable



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) 	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups) 	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups) 	Weekly (daily)	5 (1)		

MONDAY (K-8)

Entrée:

Swedish Meatballs- 4 each =
2 oz/eq meat/meat alternate

½ cup whole grain-rich pasta =
1 oz/eq grains

Fruit:

½ cup applesauce

½ cup fruit

Vegetable:

¾ cup corn

¾ cup vegetable

Subgroup: **Starchy**






Milk:

1 cup Fat Free Plain
1 cup Fat Free Chocolate
1 cup milk

1 cup of milk, in 2 varieties.



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) 	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups) 	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups) 	Weekly (daily)	5 (1)		

MONDAY (K-8)

Entrée:

Swedish Meatballs- 4 each =
2 oz/eq meat/meat alternate

½ cup whole grain-rich pasta =
1 oz/eq grains

Fruit:

½ cup applesauce

½ cup fruit

Vegetable:

¾ cup corn

¾ cup vegetable

Subgroup: **Starchy**

Milk:

1 cup Fat Free Plain

1 cup Fat Free Chocolate

1 cup milk

Looks like we got
all our
components
planned for
Monday!



Let's look at
our Menu
Planner for
Monday.

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grain:	Pasta Serving Size: $\frac{1}{2}$ cup = 1 oz/eq	Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____	
Meat/Meat Alternate:	Swedish Meatballs Serving Size: 4 meatballs = 2 oz/eq	Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____	
Fruit:	Applesauce Serving Size: $\frac{1}{2}$ cup	Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____	
Vegetable:	Corn Serving Size: $\frac{3}{4}$ cup	Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____	
Subgroup:	Starchy Serving Size: $\frac{3}{4}$ cup	Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____	
Milk:	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____	

If we use the [School Lunch Menu Planner](#) available on the ADE website to help plan each day, Monday would look like this.

Notice how we list the food name in the box, then fill in the serving size and crediting below.



Repeat that Planning
Process for Each Day of the
Week

Entrée



Let's plan for Tuesday!

I'm going to plan a Peanut Butter and Jelly Sandwich. This means I have planned 2 components together in the entrée: the grain and the meat/meat alternate.

TUESDAY

Entrée:
Peanut Butter and Jelly Sandwich

Entrée



I used my recipe, the Food Buying Guide and Exhibit A, to determine that this peanut butter and jelly sandwich will credit as:

1.5 oz/eq of grain (bread), and 1 oz/eq meat/meat alternate (peanut butter). The jelly does not count toward a component.

This is a day where I planned more than the daily required amount of grains. This will help ensure the menu for the week is within the suggested weekly range of 8-9 oz/eq for grains and M/MA.

TUESDAY

Entrée:

Peanut Butter and Jelly Sandwich

1.5 oz/eq grain

1 oz/eq meat/meat alternate

Fruit



Let's also plan our fruit.

I think a frozen juice cup goes great with PB and J, especially on those hot AZ days! Let's plan a $\frac{1}{2}$ cup frozen 100% grape juice cup!

TUESDAY

Entrée:

Peanut Butter and Jelly Sandwich

1.5 oz/eq grain

1 oz/eq meat/meat alternate

Fruit:

Frozen grape juice cup $\frac{1}{2}$ cup

$\frac{1}{2}$ cup fruit

Vegetables



Now for those vegetables.... Veggie dippers will give this meal a nice crunch!

I'm going to serve celery and carrot sticks in a small cup with 1 ounce of fat free ranch dressing.

I referred to the Food Buying Guide and it told me that 3 carrot sticks ($\frac{1}{2}$ inch by 4 inch) is $\frac{1}{4}$ cup of vegetables. It also told me that 6 sticks ($\frac{1}{2}$ inch by 4 inch) will be $\frac{1}{2}$ cup of vegetables.

The ranch dressing doesn't count toward a component.

TUESDAY

Entrée:

Peanut Butter and Jelly Sandwich

1.5 oz/eq grain

1 oz/eq meat/meat alternate

Fruit:

Frozen grape juice cup $\frac{1}{2}$ cup

$\frac{1}{2}$ cup fruit

Vegetable:

Veggie Dippers

$\frac{1}{2}$ cup celery (6 sticks)

$\frac{1}{4}$ cup carrots (3 sticks)

1 ounce fat free ranch

$\frac{3}{4}$ cup vegetable

Vegetables



We also have to consider our vegetable subgroups. Celery is in the other subgroup, and carrots are in the red/orange subgroup. Let's add that to our chart.

TUESDAY

Entrée:

Peanut Butter and Jelly Sandwich

1.5 oz/eq grain

1 oz/eq meat/meat alternate

Fruit:

Frozen grape juice cup ½ cup

½ cup fruit

Vegetable:

Veggie Dippers

½ cup celery (6 sticks)

¼ cup carrots (3 sticks)

1 ounce fat free ranch

¾ cup vegetable

Subgroups: Other (celery)

Red/orange (carrots)

Milk



Oh..... We can't forget the milk!

Let's plan 1 cup fat free plain and 1 cup fat free chocolate milk for Tuesday too!

TUESDAY

Entrée:

Peanut Butter and Jelly Sandwich
1.5 oz/eq grain
1 oz/eq meat/meat alternate

Fruit:

Frozen grape juice cup ½ cup
½ cup fruit

Vegetable:

Veggie Dippers
½ cup celery (6 sticks)
¼ cup carrots (3 sticks)
1 ounce fat free ranch
¾ cup vegetable

Subgroups: Other (celery)
Red/orange (carrots)

Milk:

1 cup fat free plain
1 cup fat free chocolate
1 cup milk

Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups)	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

TUESDAY (K-8)

Entrée:

Peanut Butter and Jelly Sandwich
1.5 oz/eq grain
1 oz/eq meat/meat alternate

Fruit:

Frozen grape juice cup ½ cup

½ cup fruit

Vegetable:

Veggie Dippers
½ cup celery
¼ cup carrots
1 ounce fat free ranch
¾ cup vegetable

Subgroups: Other (celery)
Red/orange (carrots)

Milk:

1 cup fat free plain
1 cup fat free chocolate
1 cup milk

Did we offer enough of each component for grades K-8 for the day?



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups)	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

TUESDAY (K-8)

Entrée:

Peanut Butter and Jelly Sandwich
1.5 oz/eq grain
1 oz/eq meat/meat alternate

Fruit:

Frozen grape juice cup ½ cup
½ cup fruit

Vegetable:

Veggie Dippers
½ cup celery
¼ cup carrots
1 ounce fat free ranch
¾ cup vegetable
Subgroups: Other (celery)
Red/orange (carrots)


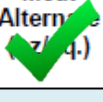
Milk:

1 cup fat free plain
1 cup fat free chocolate
1 cup milk

1.5 oz/eq grains...
Check!



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups)	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

TUESDAY (K-8)

Entrée:

Peanut Butter and Jelly Sandwich
1.5 oz/eq grain
1 oz/eq meat/meat alternate

Fruit:

Frozen grape juice cup ½ cup
½ cup fruit

Vegetable:

Veggie Dippers
½ cup celery
¼ cup carrots
1 ounce fat free ranch
¾ cup vegetable
Subgroups: Other (celery)
Red/orange (carrots)




Milk:

1 cup fat free plain
1 cup fat free chocolate
1 cup milk

1 oz/eq meat/meat alternate... Check!



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) 	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

TUESDAY (K-8)

Entrée:

Peanut Butter and Jelly Sandwich
1.5 oz/eq grain
1 oz/eq meat/meat alternate

Fruit:

Frozen grape juice cup ½ cup

½ cup fruit

Vegetable:

Veggie Dippers
½ cup celery
¼ cup carrots
1 ounce fat free ranch
¾ cup vegetable

Subgroups: Other (celery)
Red/orange (carrots)




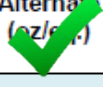
Milk:

1 cup fat free plain
1 cup fat free chocolate
1 cup milk

½ cup fruit...
Check!



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) 	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups) 	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

TUESDAY (K-8)

Entrée:

Peanut Butter and Jelly Sandwich
1.5 oz/eq grain
1 oz/eq meat/meat alternate

Fruit:

Frozen grape juice cup ½ cup

½ cup fruit

Vegetable:

Veggie Dippers
½ cup celery
¼ cup carrots
1 ounce fat free ranch
¾ cup vegetable

Subgroups: Other (celery)
Red/orange (carrots)




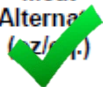
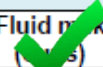
Milk:

1 cup fat free plain
1 cup fat free chocolate
1 cup milk

A total of
¾ cup
vegetable...
Check!



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) 	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cup) 	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups) 	Weekly (daily)	5 (1)		

TUESDAY (K-8)

Entrée:

Peanut Butter and Jelly Sandwich
1.5 oz/eq grain
1 oz/eq meat/meat alternate

Fruit:

Frozen grape juice cup ½ cup

½ cup fruit

Vegetable:

Veggie Dippers
½ cup celery
¼ cup carrots
1 ounce fat free ranch
¾ cup vegetable

Subgroups: Other (celery)
Red/orange (carrots)





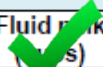
Milk:

1 cup fat free plain
1 cup fat free chocolate
1 cup milk

And the milk!



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) 	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups) 	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternates (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups) 	Weekly (daily)	5 (1)		

Looks like the meals I planned for Monday and Tuesday both meet the daily requirements of the meal pattern!

Let's see how this should look when we use the menu planner tool!



Repeat that process for each day of the week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grain:	Pasta Serving Size: ½ cup = 1 oz/eq	Whole grain-rich bread Serving Size: 2 slices = 1.5 oz/eq	Serving Size: _____	Serving Size: _____	Serving Size: _____	
Meat/Meat Alternate:	Swedish Meatballs Serving Size: 4 meatballs = 2 oz/eq	Peanut Butter Crediting: 1 oz/eq	Serving Size: _____	Serving Size: _____	Serving Size: _____	
Fruit:	Applesauce Serving Size: ½ cup	Frozen 100% juice cup Serving Size: ½ cup	Serving Size: _____	Serving Size: _____	Serving Size: _____	
Vegetable:	Corn Serving Size: ¾ cup	Celery and Carrot Dippers Serving Size: ¾ cup	Serving Size: _____	Serving Size: _____	Serving Size: _____	
Subgroup:	Starchy Serving Size: ¾ cup	Other Red/Orange Serving Size: ½ cup Serving Size: ¼ cup	Serving Size: _____	Serving Size: _____	Serving Size: _____	
Milk:	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____	

Let's fill in Tuesday on our menu planner.
Notice how we list the food name in the box, then fill in the serving size and crediting below.

We can fill in both vegetable subgroups for Tuesday in the appropriate box too.

If you aren't already, try using the menu planner as we go through Wednesday's meal.



Entrée



For Wednesday, I want to get fancy with my planning! I'm going to plan 3 components in my entrée!

I'm going to serve spaghetti with meat sauce. This will provide:

Grains from the pasta, meat/meat alternate in the meat sauce, and vegetable in the tomato sauce.

The smallest amount of vegetable that can be credited toward the meal pattern is 1/8 cup. For my tomato sauce, I am going to plan $\frac{1}{4}$ cup in this entrée.

I will need to refer to the recipe and Exhibit A from the Food Buying Guide to determine how my pasta credits toward the meal pattern. I will also have to use the Food Buying Guide or a CN Label to determine how the meat in the sauce will credit toward the meal pattern.

WEDNESDAY

Entrée:

Spaghetti with Meat Sauce

2 oz/eq grain

1 oz/eq meat/meat alternate

$\frac{1}{4}$ cup vegetable (in the sauce)

Subgroup: Red/Orange

Fruit



*I'm also going to add some fruit. I think
canned peaches go well with spaghetti
and meat sauce, and they add some nice
color to the meal!*

Let's add $\frac{1}{2}$ cup peaches to the menu.

WEDNESDAY

Entrée:

Spaghetti with Meat Sauce

2 oz/eq grain

1 oz/eq meat/meat alternate

$\frac{1}{4}$ cup vegetable (in the sauce)

Subgroup: Red/Orange

Fruit:

Canned Peaches

$\frac{1}{2}$ cup fruit

Vegetable



For the vegetable, I'm going to serve broccoli. It's a nice green color to compliment the pasta and meat sauce, and will make for a colorful, eye-appealing meal.

*I'm going to plan $\frac{1}{2}$ cup of broccoli to ensure I meet the meal pattern. This means I will be making available $\frac{3}{4}$ cup of vegetable on Wednesday.
 $\frac{1}{4}$ cup will come from the sauce
 $\frac{1}{2}$ cup will come from the broccoli.*

WEDNESDAY

Entrée:

Spaghetti with Meat Sauce

2 oz/eq grain

1 oz/eq meat/meat alternate

$\frac{1}{4}$ cup vegetable (in the sauce)

Subgroup: Red/Orange

Fruit:

Canned Peaches

$\frac{1}{2}$ cup fruit

Vegetable:

Broccoli

$\frac{1}{2}$ cup vegetable

Subgroup: Dark Green

Milk



*Last but not least, we'll plan our
milk!*

2 varieties, 1 cup each.

WEDNESDAY

Entrée:

Spaghetti with Meat Sauce

2 oz/eq grain

1 oz/eq meat/meat alternate

$\frac{1}{4}$ cup vegetable (in the sauce)

Subgroup: Red/Orange

Fruit:

Canned Peaches

$\frac{1}{2}$ cup fruit

Vegetable:

Broccoli

$\frac{1}{2}$ cup vegetable

Subgroup: Dark Green

Milk:

1 cup fat free plain

1 cup fat free chocolate

1 cup milk

Comprehension Check

In the previous example, the menu planner incorporated some of the vegetable requirement in the entrée. Can a vegetable be planned in an entrée and still credit toward the vegetable subgroup requirement? If so, does the amount of vegetable in the entrée matter?

- A. Yes. The menu planners can serve a combination of vegetables to meet the daily vegetable requirement as long as each vegetable credits at least $\frac{1}{8}$ cup.
- B. No. Menu planners cannot serve vegetables in entrees.
- C. Yes. Any amount of vegetable in the meal can count, even 1 tablespoon of chives.
- D. No. The menu planner would need to plan more tomato sauce. In order to plan multiple vegetables, each vegetable must credit at least $\frac{1}{2}$ cup.



Comprehension Check

In the previous example, the menu planner incorporated some of the vegetable requirement in the entrée. Can a vegetable be planned in an entrée and still credit toward the vegetable subgroup requirement? If so, does the amount of vegetable in the entrée matter?

- A. Yes. The menu planners can serve a combination of vegetables to meet the daily vegetable requirement as long as each vegetable credits at least $\frac{1}{8}$ cup.**
- B. No. Menu planners cannot serve vegetables in entrees.
- C. Yes. Any amount of vegetable in the meal can count, even 1 tablespoon of chives.
- D. No. The menu planner would need to plan more tomato sauce. In order to plan multiple vegetables, each vegetable must credit at least $\frac{1}{2}$ cup.

The minimum amount that can credit toward the vegetable requirement is $\frac{1}{8}$ cup. Refer to slide 64, and the vegetable notes on the meal pattern chart for a reminder about this guidance.



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups)	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

WEDNESDAY (K-8)

Entrée:

Spaghetti with Meat Sauce

2 oz/eq grain

1 oz/eq meat/meat alternate

¼ cup vegetable (in the sauce)

Subgroup: Red/Orange

Fruit:

Canned Peaches

½ cup fruit

Vegetable:

Broccoli

½ cup vegetable

Subgroup: Dark Green

Milk:

1 cup fat free plain

1 cup fat free chocolate

1 cup milk

Did we offer enough of each component for grades K-8 on this day?



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups)	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

WEDNESDAY (K-8)

Entrée:

Spaghetti with Meat Sauce

2 oz/eq grain

1 oz/eq meat/meat alternate

¼ cup vegetable (in the sauce)

Subgroup: Red/Orange

Fruit:

Canned Peaches

½ cup fruit

Vegetable:

Broccoli

½ cup vegetable

Subgroup: Dark Green

Milk:

1 cup fat free plain

1 cup fat free chocolate

1 cup milk

2 oz/eq grains...
Check!



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups)	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

WEDNESDAY (K-8)

Entrée:

Spaghetti with Meat Sauce

2 oz/eq grain

1 oz/eq meat/meat alternate

¼ cup vegetable (in the sauce)

Subgroup: Red/Orange

Fruit:

Canned Peaches

½ cup fruit

Vegetable:

Broccoli

½ cup vegetable

Subgroup: Dark Green

Milk:

1 cup fat free plain



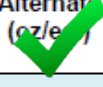
1 cup fat free chocolate

1 cup milk

1 oz/eq
meat/
meat
alternate,
Check!



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) 	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternat (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

WEDNESDAY (K-8)

Entrée:

Spaghetti with Meat Sauce

2 oz/eq grain

1 oz/eq meat/meat alternate

¼ cup vegetable (in the sauce)

Subgroup: Red/Orange

Fruit:

Canned Peaches

½ cup fruit

1/2 cup fruit, Check!

Vegetable:

Broccoli

½ cup vegetable

Subgroup: Dark Green

Milk:





1 cup fat free plain

1 cup fat free chocolate

1 cup milk



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) 	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups) 	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

WEDNESDAY (K-8)

Entrée:

Spaghetti with Meat Sauce

2 oz/eq grain

1 oz/eq meat/meat alternate

¼ cup vegetable (in the sauce)

Subgroup: Red/Orange

Fruit:

Canned Peaches

½ cup fruit

Vegetable:

Broccoli

½ cup vegetable

Subgroup: Dark Green

Milk:

1 cup fat free plain

1 cup fat free chocolate

1 cup milk

I planned a total of ¾ cup vegetable, so I met my daily minimum.



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) ✓	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups) ✓	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups) ✓	Weekly (daily)	5 (1)		

WEDNESDAY (K-8)

Entrée:

Spaghetti with Meat Sauce

2 oz/eq grain

1 oz/eq meat/meat alternate

¼ cup vegetable (in the sauce)

Subgroup: Red/Orange

Fruit:

Canned Peaches

½ cup fruit

Vegetable:

Broccoli

½ cup vegetable

Subgroup: Dark Green

Milk:

1 cup fat free plain






1 cup fat free chocolate

1 cup milk

2 varieties of milk, 1 cup each



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) 	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups) 	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternatives (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups) 	Weekly (daily)	5 (1)		

Looks like the meals I planned for grades K-8 for Monday, Tuesday, and Wednesday all meet the meal pattern's daily requirements!

Let's look at our filled in menu planner tool.



Repeat that process for each day of the week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grain:	Pasta Serving Size: ½ cup = 1 oz/eq	Whole grain-rich bread Serving Size: 2 slices = 1.5 oz/eq	Spaghetti Serving Size: 2 oz/eq	Serving Size: _____	Serving Size: _____	
Meat/Meat Alternate:	Swedish Meatballs Serving Size: 4 meatballs = 2 oz/eq	Peanut Butter Serving Size: 1 TBSP = 1 oz/eq	Meat in Meat Sauce Serving Size: 1 oz/eq	Serving Size: _____	Serving Size: _____	
Fruit:	Applesauce Serving Size: ½ cup	Frozen 100% juice cup Serving Size: ½ cup	Peaches Serving Size: ½ cup	Serving Size: _____	Serving Size: _____	
Vegetable:	Corn Serving Size: ¾ cup	Celery and Carrot Dippers Serving Size: ¾ cup	Broccoli Serving Size: ½ cup Tomato Sauce Serving Size: ¼ cup	Serving Size: _____	Serving Size: _____	
Subgroup:	Starchy Serving Size: ¾ cup	Other Serving Size: ½ cup Red/Orange Serving Size: ¼ cup	Dark Green Serving Size: ½ cup Red/Orange: Serving Size: ¼ cup	Serving Size: _____	Serving Size: _____	
Milk:	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Serving Size: _____	Serving Size: _____	

Does your menu planner look like this?

Remember... You would need to refer to the labels and use the Food Buying Guide to determine how much pasta and how much meat to serve. For now though, let's just make sure we record that we're planning 2 oz/eq grain, and 1 oz/eq m/ma.



Entrée



Thursday's meal is going to have a combination entrée again. Remember, a combination entrée is one that includes more than one component. I'd like to serve a beef and cheese burrito on a whole-grain rich tortilla, with a side of salsa.

I will refer to the Food Buying Guide and Exhibit A to credit my beef, cheese and tortillas. But for now, just trust me that they credit as 2 oz/eq each. I will also serve $\frac{1}{4}$ cup salsa.

THURSDAY

Entrée:

Beef and Cheese Burrito

2 oz/eq grain

2 oz/eq meat/meat alternate

$\frac{1}{4}$ cup vegetable (in the salsa)

Subgroup: Red/orange

Fruit



I think orange slices go well with burritos, so I'm going to plan $\frac{1}{2}$ cup of orange wedges as my fruit.

THURSDAY

Entrée:

Beef and Cheese Burrito

2 oz/eq grain

2 oz/eq meat/meat alternate

$\frac{1}{4}$ cup vegetable (in the salsa)

Subgroup: Red/orange

Fruit:

Orange Wedges

$\frac{1}{2}$ cup fruit

Vegetable



Black beans go well with burritos, so I'm going to plan $\frac{3}{4}$ cup of them as my vegetable for this day.

*It's important to note that beans can be planned as a legume or as a meat/meat alternate, but **not both**.*

As the menu planner, I chose to plan them as beans/peas and count them toward the vegetable requirement. However, I could have planned a bean and cheese burrito with a side salad (or other type of vegetable), and counted the beans in the burrito toward the meat/meat alternate and used a salad as the vegetable.

THURSDAY

Entrée:

Beef and Cheese Burrito

2 oz/eq grain

2 oz/eq meat/meat alternate

$\frac{1}{4}$ cup vegetable (in the salsa)

Subgroup: Red/orange

Fruit:

Orange Wedges

$\frac{1}{2}$ cup fruit

Vegetable:

Black Beans

$\frac{3}{4}$ cup vegetable

Subgroup: Beans/Peas

Comprehension Check

True or False: Pinto beans on a tostada can be planned and counted as the vegetable and the meat/meat alternate for that day.

- A. True.
- B. False. Pinto beans are not a creditable vegetable in the meal pattern.
- C. False. Pinto beans are not a creditable meat/meat alternate in the meal pattern
- D. False. Beans can be either the vegetable for the day OR the meat/meat alternate, but they cannot count as both components on the same day.



Comprehension Check

True or False: Pinto beans on a tostada can be planned and counted as the vegetable and the meat/meat alternate for that day.

- A. True.
- B. False. Pinto beans are not a creditable vegetable in the meal pattern.
- C. False. Pinto beans are not a creditable meat/meat alternate in the meal pattern
- D. False. Beans can be either the vegetable for the day OR the meat/meat alternate, but they cannot count as both components on the same day.**

The menu planner can choose if the beans will be counted toward the legume vegetable subgroup or toward the meat/meat alternate component. However, the planner must decide which it will count toward and plan the rest of the menu accordingly. See slide 80 to review this information.



Milk



We can't forget the milk! I'm going to plan 2 varieties, 1 cup each.

THURSDAY

Entrée:

Beef and Cheese Burrito

2 oz/eq grain

2 oz/eq meat/meat alternate

$\frac{1}{4}$ cup vegetable (in the salsa)

Subgroup: Red/orange

Fruit:

Orange Wedges

$\frac{1}{2}$ cup fruit

Vegetable:

Black Beans

$\frac{3}{4}$ cup vegetable

Subgroup: Beans/Peas

Milk:

1 cup fat free plain

1 cup fat free chocolate

1 cup milk

Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups)	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

THURSDAY (K-8)

Entrée:

Beef and Cheese Burrito

2 oz/eq grain

2 oz/eq meat/meat alternate

¼ cup vegetable (in the salsa)

Subgroup: Red/orange

Fruit:

Orange Wedges

½ cup fruit

Vegetable:

Black Beans

¾ cup vegetable

Subgroup: Beans/Peas

Milk:

1 cup fat free plain

1 cup fat free chocolate

1 cup milk

Did we offer enough of each component for grades K-8 on this day?



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups)	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

THURSDAY (K-8)

Entrée:

Beef and Cheese Burrito

2 oz/eq grain

2 oz/eq meat/meat alternate

¼ cup vegetable (in the salsa)

Subgroup: Red/orange

Fruit:

Orange Wedges

½ cup fruit

Vegetable:

Black Beans

¾ cup vegetable

Subgroup: Beans/Peas

Milk:

1 cup fat free plain

1 cup fat free chocolate

1 cup milk

2 oz/eq grains...
Check!



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups)	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/Meat Alternate (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

THURSDAY (K-8)

Entrée:

Beef and Cheese Burrito

2 oz/eq grain

2 oz/eq meat/meat alternate

¼ cup vegetable (in the salsa)

Subgroup: Red/orange

Fruit:

Orange Wedges

½ cup fruit

Vegetable:

Black Beans

¾ cup vegetable

Subgroup: Beans/Peas

Milk:

1 cup fat free plain

1 cup fat free chocolate

1 cup milk

2 oz/eq
meat/meat
alternate
Check!



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) ✓	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

THURSDAY (K-8)

Entrée:

Beef and Cheese Burrito

2 oz/eq grain

2 oz/eq meat/meat alternate

¼ cup vegetable (in the salsa)

Subgroup: Red/orange

Fruit:

Orange Wedges

½ cup fruit

½ cup fruit, check!

Vegetable:

Black Beans

¾ cup vegetable

Subgroup: Beans/Peas

Milk:

1 cup fat free plain

1 cup fat free chocolate

1 cup milk



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) ✓	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cup) ✓	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

THURSDAY (K-8)

Entrée:

Beef and Cheese Burrito

2 oz/eq grain

2 oz/eq meat/meat alternate

¼ cup vegetable (in the salsa)

Subgroup: Red/orange

Fruit:

Orange Wedges

½ cup fruit

Vegetable:

Black Beans

¾ cup vegetable

Subgroup: Beans/Peas

Milk:

1 cup fat free plain

1 cup fat free chocolate

1 cup milk

At least ¾ cup total vegetable...
I planned 1 cup!



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) ✓	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups) ✓	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/Meat Alternate (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups) ✓	Weekly (daily)	5 (1)		

THURSDAY (K-8)

Entrée:

Beef and Cheese Burrito

2 oz/eq grain

2 oz/eq meat/meat alternate

¼ cup vegetable (in the salsa)

Subgroup: Red/orange

Fruit:

Orange Wedges

½ cup fruit

Vegetable:

Black Beans

¾ cup vegetable

Subgroup: Beans/Peas

Milk:

1 cup fat free plain

1 cup fat free chocolate

1 cup milk

1 cup of milk, 2 varieties



Repeat that process for each day of the week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grain:	Pasta Serving Size: ½ cup = 1 oz/eq	Whole grain-rich bread Serving Size: 2 slices = 1.5 oz/eq	Spaghetti Serving Size: 2 oz/eq	Tortilla Serving Size: 2 oz/eq	Serving Size: _____	
Meat/Meat Alternate:	Swedish Meatballs Serving Size: 4 meatballs = 2 oz/eq	Peanut Butter Serving Size: 1 TBSP = 1 oz/eq	Meat (in Meat Sauce) Serving Size: 1 oz/eq	Beef and Cheese (in burrito) Serving Size: 2 oz/eq	Serving Size: _____	
Fruit:	Applesauce Serving Size: ½ cup	Frozen 100% juice cup Serving Size: ½ cup	Peaches Serving Size: ½ cup	Orange Wedges Serving Size: ½ cup	Serving Size: _____	:
Vegetable:	Corn Serving Size: ¾ cup	Celery and Carrot Dippers Serving Size: ¾ cup	Broccoli Serving Size: ½ cup Tomato Sauce Serving Size: ¼ cup	Salsa Serving Size: ¼ cup Black Beans Serving Size: ¾ cup	Serving Size: _____	
Subgroup:	Starchy Serving Size: ¾ cup	Other Serving Size: ½ cup Red/Orange Serving Size: ¼ cup	Dark Green Serving Size: ½ cup Red/Orange: Serving Size: ¼ cup	Beans/Peas Serving Size: ¾ cup Red/Orange Serving Size: ¼ cup	Serving Size: _____	
Milk:	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Serving Size: _____	

Does your menu planner look similar to this?



Entrée



Finally, let's plan a meal for Friday.

I'm going to plan Chicken Nuggets as my entrée.

According to the CN Label on the box of nuggets, 4 nuggets is 1.5 oz eq meat/meat alternate, and .25 oz grain (from the whole grain-rich breading!)

FRIDAY

Entrée:

4 Chicken nuggets

0.25 oz/eq grain

1.5 oz/eq meat/meat alternate

Side Items



I think whole grain-rich dinner rolls go great with nuggets, so I'm going to plan 1 roll. According to Exhibit A and the label on the package, the rolls I buy are 1 oz/eq grains.

Since its Friday, I'm also going to serve a 0.75 oz/eq cookie. The meal pattern allows up to 2 oz/eq to be from a grain-based dessert, and I think my students will like this fun Friday treat.

FRIDAY
Entrée: 4 Chicken nuggets 0.25 oz/eq grain 1.5 oz/eq meat/meat alternate
Side items: Dinner Roll (1 oz/eq) Cookie (0.75 oz/eq) 1.75 oz/eq grain

Fruit



I'm going to plan $\frac{1}{4}$ cup of dried cranberries as my fruit.

Remember... Dried fruit credits as double the volume, so if I plan $\frac{1}{4}$ cup, it will credit as $\frac{1}{2}$ cup!

FRIDAY

Entrée:

4 Chicken nuggets

0.25 oz/eq grain

1.5 oz/eq meat/meat alternate

Side items:

Dinner Roll (1 oz/eq)

Cookie (0.75 oz/eq)

1.75 oz/eq grain

Fruit:

$\frac{1}{4}$ cup dried cranberries

$\frac{1}{2}$ cup fruit

Vegetable



*To add some color to the meal,
I'm going to plan $\frac{3}{4}$ cup fresh
cooked green beans.*

*These are in the 'other'
subgroup.*

FRIDAY

Entrée:

4 Chicken nuggets

0.25 oz/eq grain

1.5 oz/eq meat/meat alternate

Side items:

Dinner Roll (1 oz/eq)

Cookie (0.75 oz/eq)

1.75 oz/eq grain

Fruit:

$\frac{1}{4}$ cup dried cranberries

$\frac{1}{2}$ cup fruit

Vegetables:

$\frac{3}{4}$ cup Green Beans

$\frac{3}{4}$ cup vegetable

Subgroup: Other

Milk



*My meal isn't
complete without
planning my 2
varieties of milk!*

FRIDAY

Entrée:

4 Chicken nuggets

0.25 oz/eq grain

1.5 oz/eq meat/meat alternate

Side items:

Dinner Roll (1 oz/eq)

Cookie (0.75 oz/eq)

1.75 oz/eq grain

Fruit:

$\frac{1}{4}$ cup dried cranberries

$\frac{1}{2}$ cup fruit

Vegetables:

$\frac{3}{4}$ cup Green Beans

$\frac{3}{4}$ cup vegetable

Subgroup: Other

Milk:

1 cup fat free plain

1 cup fat free chocolate

1 cup milk

Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups)	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

FRIDAY

Entrée:

4 Chicken nuggets
0.25 oz/eq grain
1.5 oz/eq meat/meat alternate

Side items:

Dinner Roll (1 oz/eq)
Cookie (0.75 oz/eq)
1.75 oz/eq grain

Fruit:

¼ cup dried cranberries
½ cup fruit

Vegetables:

¾ cup Green Beans
¾ cup vegetable
Subgroup: Other

Milk:

1 cup fat free plain
1 cup fat free chocolate
1 cup milk

Finally, let's check our last day... Did we offer enough of each component on this day?



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups)	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

FRIDAY

Entrée:

4 Chicken nuggets

0.25 oz/eq grain

1.5 oz/eq meat/meat alternate

Side items:

Dinner Roll (1 oz/eq)

Cookie (0.75 oz/eq)

1.75 oz/eq grain

Fruit:

¼ cup dried cranberries

½ cup fruit

Vegetables:

¾ cup Green Beans

¾ cup vegetable

Subgroup: Other

Milk:

1 cup fat free plain

1 cup fat free chocolate

1 cup milk

2 oz/eq
grains
total...
Check!



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups)	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

FRIDAY

Entrée:

4 Chicken nuggets
0.25 oz/eq grain
1.5 oz/eq meat/meat alternate

Side items:

Dinner Roll (1 oz/eq)
Cookie (0.75 oz/eq)
1.75 oz/eq grain

Fruit:

¼ cup dried cranberries
½ cup fruit

Vegetables:

¾ cup Green Beans
¾ cup vegetable
Subgroup: Other

Milk:

1 cup fat free plain
1 cup fat free chocolate
1 cup milk

1.5 oz eq
meat/meat
alternate,
check!



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) ✓	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

FRIDAY

Entrée:

4 Chicken nuggets
0.25 oz/eq grain
1.5 oz/eq meat/meat alternate

Side items:

Dinner Roll (1 oz/eq)
Cookie (0.75 oz/eq)
1.75 oz/eq grain

Fruit:

¼ cup dried cranberries
½ cup fruit

Vegetables:

¾ cup Green Beans
¾ cup vegetable
Subgroup: Other





Milk:

1 cup fat free plain
1 cup fat free chocolate
1 cup milk

½ cup fruit, check!



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) 	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups) 	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

FRIDAY

Entrée:

4 Chicken nuggets
0.25 oz/eq grain
1.5 oz/eq meat/meat alternate

Side items:

Dinner Roll (1 oz/eq)
Cookie (0.75 oz/eq)
1.75 oz/eq grain

Fruit:

¼ cup dried cranberries
½ cup fruit

Vegetables:

¾ cup Green Beans
¾ cup vegetable
Subgroup: Other






Milk:

1 cup fat free plain
1 cup fat free chocolate
1 cup milk

¾ cup vegetable, check!



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) 	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups) 	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) 	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups) 	Weekly (daily)	5 (1)		

FRIDAY

Entrée:

4 Chicken nuggets

0.25 oz/eq grain

1.5 oz/eq meat/meat alternate

Side items:

Dinner Roll (1 oz/eq)

Cookie (0.75 oz/eq)

1.75 oz/eq grain

Fruit:

¼ cup dried cranberries

½ cup fruit

Vegetables:

¾ cup Green Beans

¾ cup vegetable

Subgroup: Other

Milk:

1 cup fat free plain

1 cup fat free chocolate

1 cup milk

I planned for 2 varieties of milk.



Does the menu meet the Daily Requirements?

Grades		K-5	6-8	K-8
Fruit (cups) ✓	Weekly (daily)	2½ (½)		
	Serve Only: minimum amount required at POS	½		
	OVS: minimum amount to count at POS	½		
Total Vegetable (cups) ✓	Weekly (daily)	3¾ (¾)		
	Serve Only: minimum amount required at POS	¾		
	OVS: minimum amount to count at POS	½		
Vegetable Subgroups (cups)		Minimum weekly amount		
Dark green		½		
Red/Orange		¾		
Beans/Peas (legumes)		½		
Starchy		½		
Other		½		
To meet weekly requirement, vegetables from ANY subgroup		1		
Grains (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq) ✓	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid Milk (cups) ✓	Weekly (daily)	5 (1)		

FRIDAY

Entrée:

4 Chicken nuggets

0.25 oz/eq grain

1.5 oz/eq meat/meat alternate

Side items:

Dinner Roll (1 oz/eq)

Cookie (0.75 oz/eq)

1.75 oz/eq grain

Fruit:

¼ cup dried cranberries

½ cup fruit

Vegetables:

¾ cup Green Beans

¾ cup vegetable

Subgroup: Other

Milk:

1 cup fat free plain

1 cup fat free chocolate

1 cup milk

Looks like Friday meets the daily requirements!



Repeat that process for each day of the week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grain:	Pasta Serving Size: ½ cup = 1 oz/eq	Whole grain-rich bread Serving Size: 2 slices = 1.5 oz/eq	Spaghetti Serving Size: 2 oz/eq	Tortilla Serving Size: 2 oz/eq	Breading on Nuggets Serving Size: 0.25 oz/eq Dinner Roll Serving Size: 1.0 oz/eq Cookie Serving Size: 0.75 oz/eq	
Meat/Meat Alternate:	Swedish Meatballs Serving Size: 4 meatballs = 2 oz/eq	Peanut Butter Serving Size: 1 TBSP = 1 oz/eq	Meat (in Meat Sauce) Serving Size: 1 oz/eq	Beef and Cheese (in burrito) Serving Size: 2 oz/eq	Chicken Nuggets Serving Size: 1.5 oz/eq	
Fruit:	Applesauce Serving Size: ½ cup	Frozen 100% juice cup Serving Size: ½ cup	Peaches Serving Size: ½ cup	Orange Wedges Serving Size: ½ cup	Dried Cranberries Serving Size: ¼ cup	
Vegetable:	Corn Serving Size: ¾ cup	Celery and Carrot Dippers Serving Size: ¾ cup	Broccoli Serving Size: ½ cup Tomato Sauce Serving Size: ¼ cup	Salsa Serving Size: ¼ cup Black Beans Serving Size: ¾ cup	Green Beans Serving Size: ¾ cup	
Subgroup:	Starchy Serving Size: ¾ cup	Other Serving Size: ½ cup Red/Orange Serving Size: ¼ cup	Dark Green Serving Size: ½ cup Red/Orange: Serving Size: ¼ cup	Beans/Peas Serving Size: ¾ cup Red/Orange Serving Size: ¼ cup	Other Serving Size: ¾ cup	
Milk:	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	

Does your menu planner look similar to this?



Check the Weekly
Requirements for
Vegetable Subgroups,
Grains and
Meat/Meat Alternates

Let's take a look at the K-8 menu for the week. We know every day meets the daily component and quantity requirements, and I think these meals sound pretty tasty!



	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grain:	Pasta Serving Size: ½ cup = 1 oz/eq	Whole grain-rich bread Serving Size: 2 slices = 1.5 oz/eq	Spaghetti Serving Size: 2 oz/eq	Tortilla Serving Size: 2 oz/eq	Breading on Nuggets Serving Size: 0.25 oz/eq Dinner Roll Serving Size: 1.0 oz/eq Cookie Serving Size: 0.75 oz/eq	
Meat/Meat Alternate:	Swedish Meatballs Serving Size: 4 meatballs = 2 oz/eq	Peanut Butter Serving Size: 1 TBSP = 1 oz/eq	Meat (in Meat Sauce) Serving Size: 1 oz/eq	Beef and Cheese (in burrito) Serving Size: 2 oz/eq	Chicken Nuggets Serving Size: 1.5 oz/eq	
Fruit:	Applesauce Serving Size: ½ cup	Frozen 100% juice cup Serving Size: ½ cup	Peaches Serving Size: ½ cup	Orange Wedges Serving Size: ½ cup	Dried Cranberries Serving Size: ¼ cup	:
Vegetable:	Corn Serving Size: ¾ cup	Celery and Carrot Dippers Serving Size: ¾ cup	Broccoli Serving Size: ½ cup Tomato Sauce Serving Size: ¼ cup	Salsa Serving Size: ¼ cup Black Beans Serving Size: ¾ cup	Green Beans Serving Size: ¾ cup	
Subgroup:	Starchy Serving Size: ¾ cup	Other Serving Size: ½ cup Red/Orange Serving Size: ¼ cup	Dark Green Serving Size: ½ cup Red/Orange: Serving Size: ¼ cup	Beans/Peas Serving Size: ¾ cup Red/Orange Serving Size: ¼ cup	Other Serving Size: ¾ cup	
Milk:	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	

Grades		K-5	6-8	K-8	9-12	Additional Information
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count at POS	½			½	
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		½			½	No maximum for any subgroup. *Must offer more than minimum weekly values in order to meet weekly total.
Red/Orange		¾			1 ¼	
Beans/Peas (legumes)		½			½	
Starchy		½			½	Minimum creditable amount to count as a subgroup is 1/8 cup.
Other		½			¾	
To meet weekly requirement, vegetables from ANY subgroup		1			1	

We aren't done just yet though. We'll need to check the weekly vegetable requirement and our vegetable subgroups and make sure we offered enough for grades K-8.

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
	Pasta Serving Size: ½ cup = 1 oz/eq	Whole grain-rich bread Serving Size: 2 slices = 1.5 oz/eq	Spaghetti Serving Size: 2 oz/eq	Tortilla Serving Size: 2 oz/eq	Breading on Nuggets Serving Size: 0.25 oz/eq Dinner Roll Serving Size: 1.0 oz/eq Cookie Serving Size: 0.75 oz/eq	
	Swedish Meatballs Serving Size: 4 meatballs = 2 oz/eq	Peanut Butter Serving Size: 1 TBSP = 1 oz/eq	Meat (in Meat Sauce) Serving Size: 1 oz/eq	Beef and Cheese (in burrito) Serving Size: 2 oz/eq	Chicken Nuggets Serving Size: 1.5 oz/eq	
Fruit:	Applesauce Serving Size: ½ cup	Frozen 100% juice cup Serving Size: ½ cup	Peaches Serving Size: ½ cup	Orange Wedges Serving Size: ½ cup	Dried Cranberries Serving Size: ¼ cup	
Vegetable:	Corn Serving Size: ¾ cup	Celery and Carrot Dippers Serving Size: ¾ cup	Broccoli Serving Size: ½ cup Tomato Sauce Serving Size: ¼ cup	Salsa Serving Size: ¼ cup Black Beans Serving Size: ¾ cup	Green Beans Serving Size: ¾ cup	
Subgroup:	Starchy Serving Size: ¾ cup	Other Serving Size: ½ cup Red/Orange Serving Size: ¼ cup	Dark Green Serving Size: ½ cup Red/Orange: Serving Size: ¼ cup	Beans/Peas Serving Size: ¾ cup Red/Orange Serving Size: ¼ cup	Other Serving Size: ¾ cup	
Milk:	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	



Grades		K-5	6-8	K-8	9-12	Additional Information
Total Vegetable (cups)	Weekly (daily)	3 ¼ (¾)			5 (1)	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count at POS	½			½	
Vegetable Subgroups (cups)		Minimum weekly amounts				No maximum for any subgroup. *Must offer more than minimum weekly values in order to meet weekly total. Minimum creditable amount to count as a subgroup is 1/8 cup.
Dark green		½			½	
Red/Orange		¾			1 ¼	
Beans/Peas (legumes)		½			½	
Starchy		½			½	
Other		½			¾	
To meet weekly requirement, vegetables from ANY subgroup		1			1	

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
	Pasta Serving Size: ½ cup = 1 oz/eq	Whole grain-rich bread Serving Size: 2 slices = 1.5 oz/eq	Spaghetti Serving Size: 2 oz/eq	Tortilla Serving Size: 2 oz/eq	Breading on Nuggets Serving Size: 0.25 oz/eq Dinner Roll Serving Size: 1.0 oz/eq Cookie Serving Size: 0.75 oz/eq	
	Swedish Meatballs Serving Size: 4 meatballs = 2 oz/eq	Peanut Butter Serving Size: 1 TBSP = 1 oz/eq	Meat (in Meat Sauce) Serving Size: 1 oz/eq	Beef and Cheese (in burrito) Serving Size: 2 oz/eq	Chicken Nuggets Serving Size: 1.5 oz/eq	
Fruit:	Applesauce Serving Size: ½ cup	Frozen 100% juice cup Serving Size: ½ cup	Peaches Serving Size: ½ cup	Orange Wedges Serving Size: ½ cup	Dried Cranberries Serving Size: ¼ cup	
Vegetable:	Corn Serving Size: ¾ cup	Celery and Carrot Dippers Serving Size: ¾ cup	Broccoli Serving Size: ½ cup Tomato Sauce Serving Size: ¼ cup	Salsa Serving Size: ¼ cup Black Beans Serving Size: ¾ cup	Green Beans Serving Size: ¾ cup	
Subgroup:	Starchy Serving Size: ¾ cup	Other Red/Orange Serving Size: ½ cup Serving Size: ¼ cup	Dark Green Red/Orange: Serving Size: ½ cup Serving Size: ¼ cup	Beans/Peas Red/Orange Serving Size: ¾ cup Serving Size: ¼ cup	Other Serving Size: ¾ cup	
Milk:	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	

Let's start by looking at the total amount of vegetables served during the week. According to the meal pattern chart, I need to plan 3 ¾ cup vegetables over the week.

If we add all the vegetables we offered, each day did we plan enough for the week?



Grades		K-5	6-8	K-8	9-12	Additional Information
Total Vegetable (cups)	Weekly (daily)	✓	3 ¼ (¾)		5 (1)	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		¾		1	
	OVS: minimum amount to count at POS		½		½	
Vegetable Subgroups (cups)		Minimum weekly amounts				No maximum for any subgroup. *Must offer more than minimum weekly values in order to meet weekly total. Minimum creditable amount to count as a subgroup is 1/8 cup.
Dark green		½			½	
Red/Orange		¾			1 ¼	
Beans/Peas (legumes)		½			½	
Starchy		½			½	
Other		½			¾	
To meet weekly requirement, vegetables from ANY subgroup		1			1	

If we add:
 $\frac{3}{4}$ cup on Monday,
 $\frac{3}{4}$ cup on Tuesday,
 $\frac{3}{4}$ cup on Wednesday,
1 cup on Thursday,
 $\frac{3}{4}$ cup on Friday,
The total amount of vegetables planned is 4 cups.
That meets the weekly minimum requirement!

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
	Pasta Serving Size: ½ cup = 1 oz/eq	Whole grain-rich bread Serving Size: 2 slices = 1.5 oz/eq	Spaghetti Serving Size: 2 oz/eq	Tortilla Serving Size: 2 oz/eq	Breading on Nuggets Serving Size: 0.25 oz/eq Dinner Roll Serving Size: 1.0 oz/eq Cookie Serving Size: 0.75 oz/eq	
	Swedish Meatballs Serving Size: 4 meatballs = 2 oz/eq	Peanut Butter Serving Size: 1 TBSP = 1 oz/eq	Meat (in Meat Sauce) Serving Size: 1 oz/eq	Beef and Cheese (in burrito) Serving Size: 2 oz/eq	Chicken Nuggets Serving Size: 1.5 oz/eq	
Fruit:	Applesauce Serving Size: ½ cup	Frozen 100% juice cup Serving Size: ½ cup	Peaches Serving Size: ½ cup	Orange Wedges Serving Size: ½ cup	Dried Cranberries Serving Size: ¼ cup	
Vegetable:	Corn Serving Size: ¾ cup	Celery and Carrot Dippers Serving Size: ¾ cup	Broccoli Serving Size: ½ cup Tomato Sauce Serving Size: ¼ cup	Salsa Serving Size: ¼ cup Black Beans Serving Size: ¾ cup	Green Beans Serving Size: ¾ cup	4 cups total
Subgroup:	Starchy Serving Size: ¾ cup	Other Serving Size: ½ cup Red/Orange Serving Size: ¼ cup	Dark Green Serving Size: ½ cup Red/Orange: Serving Size: ¼ cup	Beans/Peas Serving Size: ¾ cup Red/Orange Serving Size: ¼ cup	Other Serving Size: ¾ cup	
Milk:	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	



Now we need to check our subgroups. Let's zoom in on just the vegetable rows on our menu planner.

We can fill in the subgroups being served every day, and make sure we plan enough of each group.

Let's look a little closer at these subgroups on the next few slides.



	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Vegetable:	Corn Serving Size: $\frac{3}{4}$ cup	Celery and Carrot Dippers Serving Size: $\frac{3}{4}$ cup	Broccoli Serving Size: $\frac{1}{2}$ cup Tomato Sauce Serving Size: $\frac{1}{4}$ cup	Salsa Serving Size: $\frac{1}{4}$ cup Black Beans Serving Size: $\frac{3}{4}$ cup	Green Beans Serving Size: $\frac{3}{4}$ cup	4 cups total
Subgroup:	Starchy Serving Size: $\frac{3}{4}$ cup	Other Serving Size: $\frac{1}{2}$ cup Red/Orange Serving Size: $\frac{1}{4}$ cup	Dark Green Serving Size: $\frac{1}{2}$ cup Red/Orange: Serving Size: $\frac{1}{4}$ cup	Beans/Peas Serving Size: $\frac{3}{4}$ cup Red/Orange Serving Size: $\frac{1}{4}$ cup	Other Serving Size: $\frac{3}{4}$ cup	

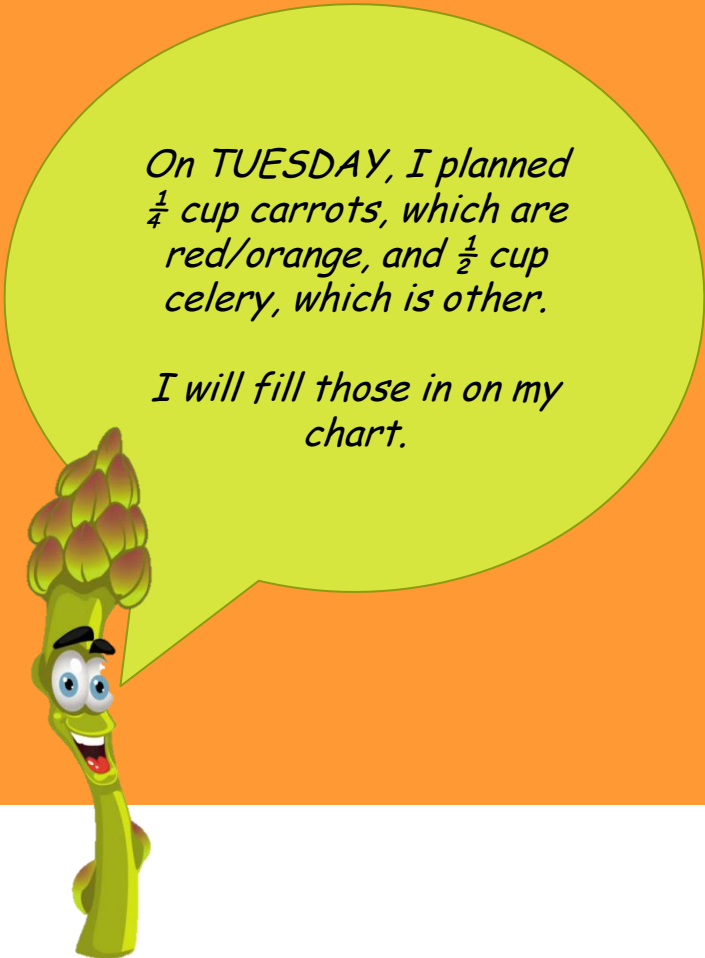
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Total
Dark Green (1/2 cup required)						
Red/Orange (3/4 cup required)						
Starchy (1/2 cup required)						
Legumes (1/2 cup required)						
Other (1/2 cup required)						



On MONDAY, I planned $\frac{3}{4}$ cup corn. This is in the starchy subgroup, so I fill that in on the chart.

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Vegetable:	Corn Serving Size: $\frac{3}{4}$ cup	Celery and Carrot Dippers Serving Size: $\frac{3}{4}$ cup	Broccoli Serving Size: $\frac{1}{2}$ cup Tomato Sauce Serving Size: $\frac{1}{4}$ cup	Salsa Serving Size: $\frac{1}{4}$ cup Black Beans Serving Size: $\frac{3}{4}$ cup	Green Beans Serving Size: $\frac{3}{4}$ cup	4 cups total
Subgroup:	Starchy Serving Size: $\frac{3}{4}$ cup	Other Serving Size: $\frac{1}{2}$ cup Red/Orange Serving Size: $\frac{1}{4}$ cup	Dark Green Serving Size: $\frac{1}{2}$ cup Red/Orange: Serving Size: $\frac{1}{4}$ cup	Beans/Peas Serving Size: $\frac{3}{4}$ cup Red/Orange Serving Size: $\frac{1}{4}$ cup	Other Serving Size: $\frac{3}{4}$ cup	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Total
Dark Green (1/2 cup required)						
Red/Orange (3/4 cup required)						
Starchy (1/2 cup required)	$\frac{3}{4}$ cup Corn					
Legumes (1/2 cup required)						
Other (1/2 cup required)						



On TUESDAY, I planned $\frac{1}{4}$ cup carrots, which are red/orange, and $\frac{1}{2}$ cup celery, which is other.

I will fill those in on my chart.

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Vegetable:	Corn Serving Size: $\frac{3}{4}$ cup	Celery and Carrot Dippers Serving Size: $\frac{3}{4}$ cup	Broccoli Serving Size: $\frac{1}{2}$ cup Tomato Sauce Serving Size: $\frac{1}{4}$ cup	Salsa Serving Size: $\frac{1}{4}$ cup Black Beans Serving Size: $\frac{3}{4}$ cup	Green Beans Serving Size: $\frac{3}{4}$ cup	4 cups total
Subgroup:	Starchy Serving Size: $\frac{3}{4}$ cup	Other Serving Size: $\frac{1}{2}$ cup Red/Orange Serving Size: $\frac{1}{4}$ cup	Dark Green Serving Size: $\frac{1}{2}$ cup Red/Orange: Serving Size: $\frac{1}{4}$ cup	Beans/Peas Serving Size: $\frac{3}{4}$ cup Red/Orange Serving Size: $\frac{1}{4}$ cup	Other Serving Size: $\frac{3}{4}$ cup	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Total
Dark Green (1/2 cup required)						
Red/Orange (3/4 cup required)		$\frac{1}{4}$ cup Carrots				
Starchy (1/2 cup required)	$\frac{3}{4}$ cup Corn					
Legumes (1/2 cup required)						
Other (1/2 cup required)		$\frac{1}{2}$ cup Celery sticks				

On WEDNESDAY, I planned $\frac{1}{2}$ cup broccoli which is dark green, and $\frac{1}{4}$ cup tomato sauce, which is red/orange.

Let's fill those in!



	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Vegetable:	Corn Serving Size: $\frac{3}{4}$ cup	Celery and Carrot Dippers Serving Size: $\frac{3}{4}$ cup	Broccoli Serving Size: $\frac{1}{2}$ cup Tomato Sauce Serving Size: $\frac{1}{4}$ cup	Salsa Serving Size: $\frac{1}{4}$ cup Black Beans Serving Size: $\frac{3}{4}$ cup	Green Beans Serving Size: $\frac{3}{4}$ cup	4 cups total
Subgroup:	Starchy Serving Size: $\frac{3}{4}$ cup	Other Serving Size: $\frac{1}{2}$ cup Red/Orange Serving Size: $\frac{1}{4}$ cup	Dark Green Serving Size: $\frac{1}{2}$ cup Red/Orange: Serving Size: $\frac{1}{4}$ cup	Beans/Peas Serving Size: $\frac{3}{4}$ cup Red/Orange Serving Size: $\frac{1}{4}$ cup	Other Serving Size: $\frac{3}{4}$ cup	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Total
Dark Green (1/2 cup required)			$\frac{1}{2}$ cup Broccoli			
Red/Orange (3/4 cup required)		$\frac{1}{4}$ cup Carrots	$\frac{1}{4}$ cup Tomato sauce			
Starchy (1/2 cup required)	$\frac{3}{4}$ cup Corn					
Legumes (1/2 cup required)						
Other (1/2 cup required)		$\frac{1}{2}$ cup Celery sticks				



THURSDAY I planned $\frac{3}{4}$ cup black beans which are legumes, and $\frac{1}{4}$ cup salsa, which is red/orange.

Let's fill in those foods.

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Vegetable:	Corn Serving Size: $\frac{3}{4}$ cup	Celery and Carrot Dippers Serving Size: $\frac{3}{4}$ cup	Broccoli Serving Size: $\frac{1}{2}$ cup Tomato Sauce Serving Size: $\frac{1}{4}$ cup	Salsa Serving Size: $\frac{1}{4}$ cup Black Beans Serving Size: $\frac{3}{4}$ cup	Green Beans Serving Size: $\frac{3}{4}$ cup	4 cups total
Subgroup:	Starchy Serving Size: $\frac{3}{4}$ cup	Other Serving Size: $\frac{1}{2}$ cup Red/Orange Serving Size: $\frac{1}{4}$ cup	Dark Green Serving Size: $\frac{1}{2}$ cup Red/Orange: Serving Size: $\frac{1}{4}$ cup	Beans/Peas Serving Size: $\frac{3}{4}$ cup Red/Orange Serving Size: $\frac{1}{4}$ cup	Other Serving Size: $\frac{3}{4}$ cup	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Total
Dark Green (1/2 cup required)			$\frac{1}{2}$ cup Broccoli			
Red/Orange (3/4 cup required)		$\frac{1}{4}$ cup Carrots	$\frac{1}{4}$ cup Tomato sauce	$\frac{1}{4}$ cup Salsa		
Starchy (1/2 cup required)	$\frac{3}{4}$ cup Corn					
Legumes (1/2 cup required)				$\frac{3}{4}$ cup Black beans		
Other (1/2 cup required)		$\frac{1}{2}$ cup Celery sticks				

Finally, I planned $\frac{3}{4}$ cup green beans, which are other, on FRIDAY.

Now, look at the chart. Each row represents one vegetable subgroup. Each row contains at least one planned portion, and some rows have multiple planned portions.



	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Vegetable:	Corn Serving Size: $\frac{3}{4}$ cup	Celery and Carrot Dippers Serving Size: $\frac{3}{4}$ cup	Broccoli Serving Size: $\frac{1}{2}$ cup Tomato Sauce Serving Size: $\frac{1}{4}$ cup	Salsa Serving Size: $\frac{1}{4}$ cup Black Beans Serving Size: $\frac{3}{4}$ cup	Green Beans Serving Size: $\frac{3}{4}$ cup	4 cups total
Subgroup:	Starchy Serving Size: $\frac{3}{4}$ cup	Other Serving Size: $\frac{1}{2}$ cup Red/Orange Serving Size: $\frac{1}{4}$ cup	Dark Green Serving Size: $\frac{1}{2}$ cup Red/Orange: Serving Size: $\frac{1}{4}$ cup	Beans/Peas Serving Size: $\frac{3}{4}$ cup Red/Orange Serving Size: $\frac{1}{4}$ cup	Other Serving Size: $\frac{3}{4}$ cup	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Total
Dark Green (1/2 cup required)			$\frac{1}{2}$ cup Broccoli			
Red/Orange (3/4 cup required)		$\frac{1}{4}$ cup Carrots	$\frac{1}{4}$ cup Tomato sauce	$\frac{1}{4}$ cup Salsa		
Starchy (1/2 cup required)	$\frac{3}{4}$ cup Corn					
Legumes (1/2 cup required)				$\frac{3}{4}$ cup Black beans		
Other (1/2 cup required)		$\frac{1}{2}$ cup Celery sticks			$\frac{3}{4}$ cup Green beans	

Now, I need to add the total amount of vegetable planned per subgroup to see if I planned enough vegetables to meet the weekly quantity requirement.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Total
Dark Green (1/2 cup required)			1/2 cup Broccoli			1/2 cup
Red/Orange (3/4 cup required)		1/4 cup Carrots	1/4 cup Tomato sauce	1/4 cup Salsa		3/4 cup
Starchy (1/2 cup required)	3/4 cup Corn					3/4 cup
Legumes (1/2 cup required)				3/4 cup Black beans		3/4 cup
Other (1/2 cup required)		1/2 cup Celery sticks			3/4 cup Green beans	1 1/4 cup

Grades		K-5	6-8	K-8	9-12	Additional Information
Total Vegetable (cups)	Weekly (daily)	3 3/4 (3/4)			5 (1)	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	3/4			1	
	OVS: minimum amount to count at POS	1/2			1/2	
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		1/2			1/2	No maximum for any subgroup. *Must offer more than minimum weekly values in order to meet weekly total.
Red/Orange		3/4			1 1/4	
Beans/Peas (legumes)		1/2			1/2	
Starchy		1/2			1/2	Minimum creditable amount to count as a subgroup is 1/8 cup.
Other		1/2			3/4	
To meet weekly requirement, vegetables from ANY subgroup		1			1	

Did I plan at least $\frac{1}{2}$ cup dark green vegetable?

Yes! I see it on Wednesday!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Total
Dark Green ($\frac{1}{2}$ cup required)			$\frac{1}{2}$ cup Broccoli			$\frac{1}{2}$ cup
Red/Orange ($\frac{3}{4}$ cup required)		$\frac{1}{4}$ cup Carrots	$\frac{1}{4}$ cup Tomato sauce	$\frac{1}{4}$ cup Salsa		$\frac{3}{4}$ cup
Starchy ($\frac{1}{2}$ cup required)	$\frac{3}{4}$ cup Corn					$\frac{3}{4}$ cup
Legumes ($\frac{1}{2}$ cup required)				$\frac{3}{4}$ cup Black beans		$\frac{3}{4}$ cup
Other ($\frac{1}{2}$ cup required)		$\frac{1}{2}$ cup Celery sticks			$\frac{3}{4}$ cup Green beans	$1 \frac{1}{4}$ cup

Grades		K-5	6-8	K-8	9-12	Additional Information
Total Vegetable (cups)	Weekly (daily)	$3 \frac{3}{4}$ ($\frac{3}{4}$)			5 (1)	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	$\frac{3}{4}$			1	
	OVS: minimum amount to count at POS	$\frac{1}{2}$			$\frac{1}{2}$	
Vegetable Subgroups (cups)		Minimum weekly amounts				
✓	Dark green	$\frac{1}{2}$			$\frac{1}{2}$	No maximum for any subgroup. *Must offer more than minimum weekly values in order to meet weekly total.
	Red/Orange	$\frac{3}{4}$			1 $\frac{1}{4}$	
	Beans/Peas (legumes)	$\frac{1}{2}$			$\frac{1}{2}$	
	Starchy	$\frac{1}{2}$			$\frac{1}{2}$	Minimum creditable amount to count as a subgroup is $\frac{1}{8}$ cup.
	Other	$\frac{1}{2}$			$\frac{3}{4}$	
To meet weekly requirement, vegetables from ANY subgroup		1			1	

Did I plan at least $\frac{3}{4}$ cup red/orange vegetable?

Yes! Even though I didn't plan it all at one meal, I did plan at least $\frac{3}{4}$ cup of red/orange vegetable throughout the week, so I met the requirement!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Total
Dark Green (1/2 cup required)			1/2 cup Broccoli			1/2 cup
Red/Orange (3/4 cup required)		1/4 cup Carrots	1/4 cup Tomato sauce	1/4 cup Salsa		3/4 cup
Starchy (1/2 cup required)	3/4 cup Corn					3/4 cup
Legumes (1/2 cup required)				3/4 cup Black beans		3/4 cup
Other (1/2 cup required)		1/2 cup Celery sticks			3/4 cup Green beans	1 1/4 cup

Grades		K-5	6-8	K-8	9-12	Additional Information
Total Vegetable (cups)	Weekly (daily)	3 3/4 (3/4)			5 (1)	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	3/4			1	
	OVS: minimum amount to count at POS	1/2			1/2	
Vegetable Subgroups (cups)		Minimum weekly amounts				
✓ ✓	Dark green	1/2			1/2	No maximum for any subgroup. *Must offer more than minimum weekly values in order to meet weekly total.
	Red/Orange	3/4			1 1/4	
	Beans/Peas (legumes)	1/2			1/2	
	Starchy	1/2			1/2	Minimum creditable amount to count as a subgroup is 1/8 cup.
	Other	1/2			3/4	
To meet weekly requirement, vegetables from ANY subgroup		1			1	

Did I plan at least $\frac{1}{2}$ cup starchy vegetable?

Yes! I planned $\frac{3}{4}$ cup corn. I planned more than the minimum, and that's okay.

The extra $\frac{1}{4}$ cup helps make sure I meet the daily and weekly requirements, and it counts toward the additional 1 cup from any subgroup!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Total
Dark Green (1/2 cup required)			1/2 cup Broccoli			1/2 cup
Red/Orange (3/4 cup required)		1/4 cup Carrots	1/4 cup Tomato sauce	1/4 cup Salsa		3/4 cup
Starchy (1/2 cup required)		3/4 cup Corn				3/4 cup
Legumes (1/2 cup required)				3/4 cup Black beans		3/4 cup
Other (1/2 cup required)		1/2 cup Celery sticks			3/4 cup Green beans	1 1/4 cup

Grades		K-5	6-8	K-8	9-12	Additional Information
Total Vegetable (cups)	Weekly (daily)	3 3/4 (3/4)			5 (1)	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	3/4			1	
	OVS: minimum amount to count at POS	1/2			1/2	
Vegetable Subgroups (cups)		Minimum weekly amounts				No maximum for any subgroup. *Must offer more than minimum weekly values in order to meet weekly total. Minimum creditable amount to count as a subgroup is 1/8 cup.
✓	Dark green	1/2			1/2	
✓	Red/Orange	3/4			1 1/4	
	Beans/Peas (legumes)	1/2			1/2	
✓	Starchy	1/2			1/2	
	Other	1/2			3/4	
To meet weekly requirement, vegetables from ANY subgroup		1			1	

Did I plan at least $\frac{1}{2}$ cup of beans/peas?

Yes! I planned $\frac{3}{4}$ cup black beans on Thursday.
Just like with the corn, I planned more than the minimum, and that's okay.

The extra $\frac{1}{4}$ cup helps make sure I meet the daily and weekly requirements, and it counts toward the additional 1 cup from any subgroup!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Total
Dark Green ($\frac{1}{2}$ cup required)			$\frac{1}{2}$ cup Broccoli			$\frac{1}{2}$ cup
Red/Orange ($\frac{3}{4}$ cup required)		$\frac{1}{4}$ cup Carrots	$\frac{1}{4}$ cup Tomato sauce	$\frac{1}{4}$ cup Salsa		$\frac{3}{4}$ cup
Starchy ($\frac{1}{2}$ cup required)	$\frac{3}{4}$ cup Corn					$\frac{3}{4}$ cup
Legumes ($\frac{1}{2}$ cup required)				$\frac{3}{4}$ cup Black beans		$\frac{3}{4}$ cup
Other ($\frac{1}{2}$ cup required)		$\frac{1}{2}$ cup Celery sticks			$\frac{3}{4}$ cup Green beans	$1 \frac{1}{4}$ cup

Grades		K-5	6-8	K-8	9-12	Additional Information
Total Vegetable (cups)	Weekly (daily)	$3 \frac{3}{4}$ ($\frac{3}{4}$)			5 (1)	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	$\frac{3}{4}$			1	
	OVS: minimum amount to count at POS	$\frac{1}{2}$			$\frac{1}{2}$	
Vegetable Subgroups (cups)		Minimum weekly amounts				
✓	Dark green	$\frac{1}{2}$			$\frac{1}{2}$	No maximum for any subgroup. *Must offer more than minimum weekly values in order to meet weekly total.
✓	Red/Orange	$\frac{3}{4}$			$1 \frac{1}{4}$	
✓	Beans/Peas (legumes)	$\frac{1}{2}$			$\frac{1}{2}$	
✓	Starchy	$\frac{1}{2}$			$\frac{1}{2}$	
	Other	$\frac{1}{2}$			$\frac{3}{4}$	Minimum creditable amount to count as a subgroup is $\frac{1}{8}$ cup.
To meet weekly requirement, vegetables from ANY subgroup		1			1	

Did I plan at least $\frac{1}{2}$ cup of vegetables from the other subgroup?

Yes! I planned $\frac{1}{2}$ cup celery sticks on Tuesday and $\frac{3}{4}$ cup green beans on Friday.

I planned a total of $1\frac{1}{4}$ cup of other vegetable. That meets the minimum and helps contribute to the additional 1 cup from any subgroup.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Total
Dark Green ($\frac{1}{2}$ cup required)			$\frac{1}{2}$ cup Broccoli			$\frac{1}{2}$ cup
Red/Orange ($\frac{3}{4}$ cup required)		$\frac{1}{4}$ cup Carrots	$\frac{1}{4}$ cup Tomato sauce	$\frac{1}{4}$ cup Salsa		$\frac{3}{4}$ cup
Starchy ($\frac{1}{2}$ cup required)	$\frac{3}{4}$ cup Corn					$\frac{3}{4}$ cup
Legumes ($\frac{1}{2}$ cup required)				$\frac{3}{4}$ cup Black beans		$\frac{3}{4}$ cup
Other ($\frac{1}{2}$ cup required)		$\frac{1}{2}$ cup Celery sticks			$\frac{3}{4}$ cup Green beans	$1\frac{1}{4}$ cup

Grades		K-5	6-8	K-8	9-12	Additional Information
Total Vegetable (cups)	Weekly (daily)	$3\frac{3}{4}$ ($\frac{3}{4}$)			5 (1)	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	$\frac{3}{4}$			1	
	OVS: minimum amount to count at POS	$\frac{1}{2}$			$\frac{1}{2}$	
Vegetable Subgroups (cups)		Minimum weekly amounts				
✓	Dark green	$\frac{1}{2}$			$\frac{1}{2}$	No maximum for any subgroup. *Must offer more than minimum weekly values in order to meet weekly total.
✓	Red/Orange	$\frac{3}{4}$			$1\frac{1}{4}$	
✓	Beans/Peas (legumes)	$\frac{1}{2}$			$\frac{1}{2}$	
✓	Starchy	$\frac{1}{2}$			$\frac{1}{2}$	Minimum creditable amount to count as a subgroup is $\frac{1}{8}$ cup.
✓	Other	$\frac{1}{2}$			$\frac{3}{4}$	
To meet weekly requirement, vegetables from ANY subgroup		1			1	

Now... This last line says we need to plan at least 1 cup of vegetables from any subgroup. Did we do this?

Yes!

Remember, we planned an extra $\frac{1}{4}$ cup corn on Monday, an extra $\frac{1}{4}$ cup of black beans on Thursday, and we planned $\frac{3}{4}$ cup of green beans on Friday, even though we already met the minimum for the 'other' subgroup. If we add all that up, we planned an extra $1\frac{1}{4}$ cup of vegetables from any subgroup. This means we met all our vegetable subgroups!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Total
Dark Green (1/2 cup required)			1/2 cup Broccoli			1/2 cup
Red/Orange (3/4 cup required)		1/4 cup Carrots	1/4 cup Tomato sauce	1/4 cup Salsa		3/4 cup
Starchy (1/2 cup required)	3/4 cup Corn					3/4 cup
Legumes (1/2 cup required)				3/4 cup Black beans		3/4 cup
Other (1/2 cup required)		1/2 cup Celery sticks			3/4 cup Green beans	1 1/4 cup

Grades		K-5	6-8	K-8	9-12	Additional Information
Total Vegetable (cups)	Weekly (daily)	3 3/4 (3/4)			5 (1)	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	3/4			1	
	OVS: minimum amount to count at POS	1/2			1/2	
Vegetable Subgroups (cups)		Minimum weekly amounts				No maximum for any subgroup. *Must offer more than minimum weekly values in order to meet weekly total. Minimum creditable amount to count as a subgroup is 1/8 cup.
✓	Dark green	1/2			1/2	
✓	Red/Orange	3/4			1 1/4	
✓	Beans/Peas (legumes)	1/2			1/2	
✓	Starchy	1/2			1/2	
✓	Other	1/2			3/4	
✓	Let weekly requirement, vegetables from ANY subgroup	1			1	



We'll also need to make sure we planned enough grains and meat/meat alternates to meet the weekly minimum servings.

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Let's zoom in on the grains and meat/meat alternate on our menu planner.

If I fill in the amounts for each component, I can do the math and make sure I offer enough grains and meat/meat alternate for the week..

On Monday, I planned 1 oz/eq grain and 2 oz/eq meat/meat alternate.



	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grain:	Pasta Serving Size: ½ cup = 1 oz/eq	Whole grain-rich bread Serving Size: 2 slices = 1.5 oz/eq	Spaghetti Serving Size: 2 oz/eq	Tortilla Serving Size: 2 oz/eq	Breading on Nuggets Serving Size: 0.25 oz/eq Dinner Roll Serving Size: 1.0 oz/eq Cookie Serving Size: 0.75 oz/eq	
Meat/Meat Alternate:	Swedish Meatballs Serving Size: 4 meatballs = 2 oz/eq	Peanut Butter Serving Size: 1 TBSP = 1 oz/eq	Meat (in Meat Sauce) Serving Size: 1 oz/eq	Beef and Cheese (in burrito) Serving Size: 2 oz/eq	Chicken Nuggets Serving Size: 1.5 oz/eq	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Total
Grains	1 oz/eq					
M/MA	2 oz/eq					



On Tuesday, I planned
1.5 oz/eq grains and
1 oz/eq meat/meat
alternate.

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grain:	Pasta Serving Size: ½ cup =1 oz/eq	Whole grain-rich bread Serving Size: 2 slices =1.5 oz/eq	Spaghetti Serving Size: 2 oz/eq	Tortilla Serving Size: 2 oz/eq	Breading on Nuggets Serving Size: 0.25 oz/eq Dinner Roll Serving Size: 1.0 oz/eq Cookie Serving Size: 0.75 oz/eq	
Meat/Meat Alternate:	Swedish Meatballs Serving Size: 4 meatballs = 2 oz/eq	Peanut Butter Serving Size: 1 TBSP = 1 oz/eq	Meat (in Meat Sauce) Serving Size: 1 oz/eq	Beef and Cheese (in burrito) Serving Size: 2 oz/eq	Chicken Nuggets Serving Size: 1.5 oz/eq	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Total
Grains	1 oz/eq	1.5 oz/eq				
M/MA	2 oz/eq	1 oz/eq				

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grain:	Pasta Serving Size: ½ cup = 1 oz/eq	Whole grain-rich bread Serving Size: 2 slices = 1.5 oz/eq	Spaghetti Serving Size: 2 oz/eq	Tortilla Serving Size: 2 oz/eq	Breading on Nuggets Serving Size: 0.25 oz/eq Dinner Roll Serving Size: 1.0 oz/eq Cookie Serving Size: 0.75 oz/eq	
Meat/Meat Alternate:	Swedish Meatballs Serving Size: 4 meatballs = 2 oz/eq	Peanut Butter Serving Size: 1 TBSP = 1 oz/eq	Meat (in Meat Sauce) Serving Size: 1 oz/eq	Beef and Cheese (in burrito) Serving Size: 2 oz/eq	Chicken Nuggets Serving Size: 1.5 oz/eq	

On Wednesday, I planned 2 oz/eq grain and 1 oz/eq meat/meat alternate.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Total
Grains	1 oz/eq	1.5 oz/eq	2 oz/eq			
M/MA	2 oz/eq	1 oz/eq	1 oz/eq			

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grain:	Pasta Serving Size: ½ cup = 1 oz/eq	Whole grain-rich bread Serving Size: 2 slices = 1.5 oz/eq	Spaghetti Serving Size: 2 oz/eq	Tortilla Serving Size: 2 oz/eq	Breading on Nuggets Serving Size: 0.25 oz/eq Dinner Roll Serving Size: 1.0 oz/eq Cookie Serving Size: 0.75 oz/eq	
Meat/Meat Alternate:	Swedish Meatballs Serving Size: 4 meatballs = 2 oz/eq	Peanut Butter Serving Size: 1 TBSP = 1 oz/eq	Meat (in Meat Sauce) Serving Size: 1 oz/eq	Beef and Cheese (in burrito) Serving Size: 2 oz/eq	Chicken Nuggets Serving Size: 1.5 oz/eq	

On Thursday, I planned 2 oz/eq grain and 2 oz/eq m/ma



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Total
Grains	1 oz/eq	1.5 oz/eq	2 oz/eq	2 oz/eq		
M/MA	2 oz/eq	1 oz/eq	1 oz/eq	2 oz/eq		



On Friday, I
planned 2 oz/eq
grain and 1.5 oz/eq
meat/meat
alternate.

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grain:	Pasta Serving Size: ½ cup =1 oz/eq	Whole grain-rich bread Serving Size: 2 slices =1.5 oz/eq	Spaghetti Serving Size: 2 oz/eq	Tortilla Serving Size: 2 oz/eq	Breading on Nuggets Serving Size: 0.25 oz/eq Dinner Roll Serving Size: 1.0 oz/eq Cookie Serving Size: 0.75 oz/eq	
Meat/Meat Alternate:	Swedish Meatballs Serving Size: 4 meatballs = 2 oz/eq	Peanut Butter Serving Size: 1 TBSP = 1 oz/eq	Meat (in Meat Sauce) Serving Size: 1 oz/eq	Beef and Cheese (in burrito) Serving Size: 2 oz/eq	Chicken Nuggets Serving Size: 1.5 oz/eq	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Total
Grains	1 oz/eq	1.5 oz/eq	2 oz/eq	2 oz/eq	2 oz/eq	
M/MA	2 oz/eq	1 oz/eq	1 oz/eq	2 oz/eq	1.5 oz/eq	



*If I add up my oz/eq
for the week, I can see
if I met the weekly
minimum servings.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grain:	Pasta Serving Size: ½ cup =1 oz/eq	Whole grain-rich bread Serving Size: 2 slices =1.5 oz/eq	Spaghetti Serving Size: 2 oz/eq	Tortilla Serving Size: 2 oz/eq	Breading on Nuggets Serving Size: 0.25 oz/eq Dinner Roll Serving Size: 1.0 oz/eq Cookie Serving Size: 0.75 oz/eq	
Meat/Meat Alternate:	Swedish Meatballs Serving Size: 4 meatballs = 2 oz/eq	Peanut Butter Serving Size: 1 TBSP = 1 oz/eq	Meat (in Meat Sauce) Serving Size: 1 oz/eq	Beef and Cheese (in burrito) Serving Size: 2 oz/eq	Chicken Nuggets Serving Size: 1.5 oz/eq	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Total
Grains	1 oz/eq	1.5 oz/eq	2 oz/eq	2 oz/eq	2 oz/eq	8.5 oz/eq
M/MA	2 oz/eq	1 oz/eq	1 oz/eq	2 oz/eq	1.5 oz/eq	7.5 oz/eq

If we refer to the meal pattern chart, it shows that I need to plan at least 8 oz/eq grains weekly for grades K-5, 6-8, and K-8.

Based on that info, it looks like I planned enough grain servings for the week!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Total
Grains	1 oz/eq	1.5 oz/eq	2 oz/eq	2 oz/eq	2 oz/eq	8.5 oz/eq
M/MA	2 oz/eq	1 oz/eq	1 oz/eq	2 oz/eq	1.5 oz/eq	7.5 oz/eq

Grades		K-5	6-8	K-8
Grains (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		



If we refer to the meal pattern chart, it shows that I need to plan at least 9 oz/eq for grades K-8.

Based on that info, it looks like we are short 1.5 oz/eq of meat/meat alternate for the week.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Total
Grains	1 oz/eq	1.5 oz/eq	2 oz/eq	2 oz/eq	2 oz/eq	8.5 oz/eq
M/MA	2 oz/eq	1 oz/eq	1 oz/eq	2 oz/eq	1.5 oz/eq	7.5 oz/eq

Grades		K-5	6-8	K-8
Grains (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		





I can tell I serve less meat/meat alternate on Tuesday and Wednesday, so let's look at those days and see if I can increase my M/MA servings.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Total
Grains	1 oz/eq	1.5 oz/eq	2 oz/eq	2 oz/eq	2 oz/eq	8.5 oz/eq
M/MA	2 oz/eq	1 oz/eq	1 oz/eq	2 oz/eq	1.5 oz/eq	7.5 oz/eq

Grades		K-5	6-8	K-8
Grains (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1
Fluid milk (cups)	Weekly (daily)	5 (1)		

I think I will just add some more meat to the spaghetti with meat sauce. If I plan to serve 2.5 oz/eq of meat and 2 oz/eq of grain, I will meet my daily and weekly requirements!

Remember, we use the Food Buying Guide, CN labels or USDA Fact Sheets to determine the portion size of meat that should be served with the pasta.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Total
Grains	1 oz/eq	1.5 oz/eq	2 oz/eq	2 oz/eq	2 oz/eq	8.5 oz/eq
M/MA	2 oz/eq	1 oz/eq	2.5 oz/eq	2 oz/eq	1.5 oz/eq	9 oz/eq

TUESDAY
Entrée: Peanut Butter and Jelly Sandwich 1.5 oz/eq grain 1 oz/eq meat/meat alternate
Fruit: Frozen grape juice cup- 4 oz ½ cup fruit
Vegetable: Veggie Dippers ½ cup celery (other) ¼ cup carrots (red/orange) 1 ounce fat free ranch ¾ cup vegetable (1/2 cup other, ¼ cup red/orange)
Milk: 1 cup fat free plain 1 cup fat free chocolate 1 cup milk

WEDNESDAY
Entrée: Spaghetti with Meat Sauce 2 oz/eq grain 2.5 oz eq meat/meat alternate ¼ cup red/orange vegetable (in the sauce)
Fruit: Canned Peaches ½ cup fruit
Vegetable: Broccoli ¾ cup dark green
Milk: 1 cup fat free plain 1 cup fat free chocolate 1 cup milk

If I serve more meat on Wednesday, then I have planned 9 oz/eq for M/MA, and that meets the weekly minimum for grades K-8!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Total
Grains	1 oz/eq	1.5 oz/eq	2 oz/eq	2 oz/eq	2 oz/eq	8.5 oz/eq
M/MA	2 oz/eq	1 oz/eq	2.5 oz/eq	2 oz/eq	1.5 oz/eq	9 oz/eq ✓

TUESDAY
Entrée: Peanut Butter and Jelly Sandwich 1.5 oz eq grain 1 oz eq meat/meat alternate
Fruit: Frozen grape juice cup- 4 oz ½ cup fruit
Vegetable: Veggie Dippers ½ cup celery (other) ¼ cup carrots (red/orange) 1 ounce fat free ranch ¾ cup vegetable (1/2 cup other, ¼ cup red/orange)
Milk: 1 cup fat free plain 1 cup fat free chocolate 1 cup milk

WEDNESDAY
Entrée: Spaghetti with Meat Sauce 2 oz eq grain 2.5 oz eq meat/meat alternate ¼ cup red/orange vegetable (in the sauce)
Fruit: Canned Peaches ½ cup fruit
Vegetable: Broccoli ¾ cup dark green
Milk: 1 cup fat free plain 1 cup fat free chocolate 1 cup milk

I adjusted the serving size of the meat on Wednesday, and now, it looks like our menu meets the weekly requirements for grades K-8 for vegetable subgroups, grains, and meat/meat alternates.



	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Grain:	Pasta Serving Size: ½ cup = 1 oz/eq	Whole grain-rich bread Serving Size: 2 slices = 1.5 oz/eq	Spaghetti Serving Size: 2 oz/eq	Tortilla Serving Size: 2 oz/eq	Breading on Nuggets Serving Size: 0.25 oz/eq Dinner Roll Serving Size: 1.0 oz/eq Cookie Serving Size: 0.75 oz/eq	
Meat/Meat Alternate:	Swedish Meatballs Serving Size: 4 meatballs = 2 oz/eq	Peanut Butter Serving Size: 1 TBSP = 1 oz/eq	Meat (in Meat Sauce) Serving Size: 2.5 oz/eq	Beef and Cheese (in burrito) Serving Size: 2 oz/eq	Chicken Nuggets Serving Size: 1.5 oz/eq	
Fruit:	Applesauce Serving Size: ½ cup	Frozen 100% juice cup Serving Size: ½ cup	Peaches Serving Size: ½ cup	Orange Wedges Serving Size: ½ cup	Dried Cranberries Serving Size: ¼ cup	
Vegetable:	Corn Serving Size: ¾ cup	Celery and Carrot Dippers Serving Size: ¾ cup	Broccoli Serving Size: ½ cup Tomato Sauce Serving Size: ¼ cup	Salsa Serving Size: ¼ cup Black Beans Serving Size: ¾ cup	Green Beans Serving Size: ¾ cup	4 cups total
Subgroup:	Starchy Serving Size: ¾ cup	Other Serving Size: ½ cup Red/Orange Serving Size: ¼ cup	Dark Green Serving Size: ½ cup Red/Orange: Serving Size: ¼ cup	Beans/Peas Serving Size: ¾ cup Red/Orange Serving Size: ¼ cup	Other Serving Size: ¾ cup	
Milk:	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	Fat Free Plain Fat Free Chocolate Serving Size: 1 cup	

Meal Pattern Charts

Dietary Specifications

Dietary Specifications

Dietary Specifications: Weekly Average Requirement for a 5-Day week					
Grades	K-5	6-8	K-8	9-12	Additional information
Minimum - Maximum calories (kcal)	550-650	600-700	600-650	750-850	
Sodium (mg)	≤ 1230	≤ 1360	≤ 1230	≤ 1420	The current sodium guidelines (Target 1) were implemented SY 14-15.
Sodium Target 2 implement in SY 2017/18	≤ 935	≤ 1035	≤ 935	≤ 1080	
Sodium Final Target Implement in SY 2022/23	≤ 640	≤ 710	≤ 640	≤ 740	
Saturated fat (% of calories)	≤ 10				
Dietary Specifications: Daily Requirement for a 5-Day week					
Grades	K-5	6-8	K-8	9-12	
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of trans fat per serving.				

Now that we've planned a menu that meets the component requirements, it's also important to make sure the menu planned will meet the dietary specifications.

If we stay close to the minimum *and maximum* requirements for the components, we should be pretty close to the nutrient specifications too!



Dietary Specifications

Dietary Specifications: Weekly Average Requirement for a 5-Day week					
Grades	K-5	6-8	K-8	9-12	Additional information
Minimum - Maximum calories (kcal)	550-650	600-700	600-650	750-850	
Sodium (mg)	≤ 1230	≤ 1360	≤ 1230	≤ 1420	The current sodium guidelines (Target 1) were implemented SY 14-15.
Sodium Target 2 implement in SY 2017/18	≤ 935	≤ 1035	≤ 935	≤ 1080	
Sodium Final Target Implement in SY 2022/23	≤ 640	≤ 710	≤ 640	≤ 740	
Saturated fat (% of calories)	≤ 10				
Dietary Specifications: Daily Requirement for a 5-Day week					
Grades	K-5	6-8	K-8	9-12	
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of trans fat per serving.				



Calories, Sodium and Saturated Fat have requirements based on a weekly average.

No food can contain Trans Fat, at any time throughout the week.

Be sure to refer to the nutrition fact labels on your products for this information!

Comprehension Check

The new cheese sauce I tasted at a food expo contains 1 g of trans fat. Can I still incorporate it in my menu?

- A. Yes. The trans fat is less than 5 g, so it's allowable.
- B. Yes. Trans fat is looked at on a weekly average, and this low amount probably makes it okay over the week.
- C. No. Trans fat is not allowed in any items served. Since this has trans fats in it, it can't be served.



Comprehension Check

The new cheese sauce I tasted at a food expo contains 1 g of trans fat. Can I still incorporate it in my menu?

- A. Yes. The trans fat is less than 5 g, so it's allowable.
- B. Yes. Trans fat is looked at on a weekly average, and this low amount probably makes it okay over the week.
- C. **No. Trans fat is not allowed in any items served. Since this has trans fats in it, it can't be served.**

Trans fat cannot be in any items served as part of a reimbursable meal. Be sure you are reading the nutrition facts labels and checking the amount of trans fats in each item. This information is found on slide 137 and on the bottom of the meal pattern chart.



Tips to Help You Menu Plan Like a Pro

More tips to
help you plan a
great menu:

Think **COLOR**
and **VARIETY!**



*Try to plan meals
that offer variety in
color and texture to
make the meals more
appealing to the eyes
and the taste buds!*

*Which of these
meals looks more
appetizing to you?*



More tips to
help you plan a
great menu:

Think **COLOR**
and **VARIETY!**



*The meal on top is all
the same, bland, color.
Sure... It meets the
meal pattern, but it
looks boring!*

*The meal below has
color and different
shapes! I'd pick the
meal on the bottom
for sure!*



More tips to
help you plan a
great menu:

What's popular
around town?



*Think about creative ways
to serve meals similar to
what's being sold in the
marketplace.*

*These entrées have grains,
vegetables, and meat/meat
alternates in them and are
similar to what can be
purchased at a fast food
chain!*

*Could you serve something
similar on your menu?*



Burrito bowls with
brown rice, diced or
shredded chicken , black
beans and salsa!



Mashed potato bowl
with corn and popcorn
chicken!



Beef and broccoli over
brown rice!

More tips to
help you plan a
great menu:

Use creative
names!



*Students like trendy and
catchy names. Here are
examples of ways to
name your meals and
entrees so they sound
appealing too!*

*How can you rename
items on your menu?*



Is this a taco with rice and beans
or
A Fiesta Combo meal?



Is this a beef and cheese burrito
Or
A Spicy Combo Melt?

Conclusion

(5-Day) Meal Pattern for National School Lunch Program						
Serve Only: <ul style="list-style-type: none">Must PREPARE all 5 components in required amountsAT POS: Must SERVE all 5 components in minimum required amount			Offer Versus Serve (OVS): <ul style="list-style-type: none">Must PREPARE all 5 components in required amounts AT POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable			
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day week						
Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)	Only 100% Fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	
Total Vegetable (cups)	Weekly (daily)	3 ¾ (¾)			5 (1)	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count at POS	½			½	
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		½			½	No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange		¾			1 ¼	
Beans/Peas (legumes)		½			½	Minimum creditable amount to count as a subgroup is 1/8 cup.
Starchy		½			½	
Other		½			¾	
To meet weekly requirement, vegetables from ANY subgroup		1			1	
Grains (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	All grains offered must be whole grain rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	Weekly, no more than 2 oz/eq. grain based dessert.
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <i>*Not required to meet Weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	5 (1)				Offer two varieties daily. (variety: fat content or flavor)

When planning a menu, first make sure you plan enough of each component to meet the daily and weekly requirements. Then, look for ways to refine and enhance your menu to make it appealing and appetizing for students.

Be sure to visit the ADE Meal Pattern webpage for tools and resources to help you plan and review your menus.

<http://www.azed.gov/health-nutrition/meal-pattern/>

CATCHY NAMES

COLOR

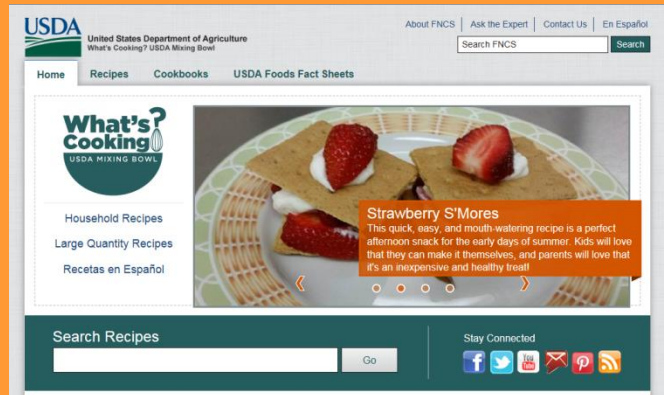
VARIETY

TEXTURE



Additional Tools

Visit USDA Mixing Bowl for a variety of recipes that meet NSLP meal pattern requirements!



<http://www.whatscooking.fns.usda.gov/>

*Here is a great website
for finding new recipes
for school meals!*



Technical Assistance

If you have any questions related to the NSLP Meal Pattern, visit the ADE Meal Pattern Webpage at:



The Meal Pattern

Charts, activities, production records, memos, and other guidance are available to help you navigate through the New Meal Pattern requirements.

<http://www.azed.gov/health-nutrition/meal-pattern/>

You can also contact your NSLP Specialist with other questions you have about the meal pattern and menu planning.

*Thanks for reviewing the
How To Plan A Lunch Menu
Guide with me!*

*Remember to utilize all the
resources available to you as
you plan your menu!*



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